



Winter 2018 Event Calendar

Please preregister for all programs to reserve your seat as space may be limited.
Any contribution welcome, \$10 suggested. Call 415-923-3155 or email cpmcchrc@sutterhealth.org

January	<p>Glaucoma Awareness & Screening <i>Presenter: Scott So, MD (Pacific Eye Associates)</i> Sometimes called the silent thief of sight, glaucoma is the second leading cause of blindness. A CPMC ophthalmologist who specializes in glaucoma will instruct participants on the risk factors, prevention strategies, symptoms, examination necessary for proper diagnosis, and state-of-the-art treatment options. Free screenings will be provided.</p>	<p>Wednesday, January 24 11:30 am – 1 pm 2100 Webster Street Room 106</p>
February	<p>Emotional Eating Support Group <i>Presenter: Sabine Haake, MA, RD</i> This 12-week program combines therapeutic meal experience with cognitive behavior work to help participants change the way they look at food and eating in stressful or emotional situations. Participants bring their own dinner and practice mindful eating techniques to distinguish between emotional and physical hunger in a small and judgment-free environment. Participants will take steps to understand the internal and external stressors that trigger disordered eating behavior and begin to develop a nurturing and compassionate relationship with their body with the help of our behavioral specialist. *Intake interview required prior to start date. HMO Brown & Toland members pay no fee. All others \$60 per class. <i>Registration for full series is required; unable to accommodate registration for a single class.</i> Advance payment/enrollment required.</p>	<p>12-Week Series Thursdays February 1 – April 19 6 – 7:30 pm 2100 Webster Street Suite 100</p>
	<p>Mindful Eating Class Series <i>Presenter: Erica Eilenberg, MPH, RD</i> Eating while feeling stress can impact our health in an 'unsavory' way and leave us feeling out of control and unhealthy. Join the series to experience how mindful eating can change the way you look at food and have an enjoyable eating experience. An experienced registered dietitian will support participants to process feelings around eating and learn steps to successfully shift attitudes and thoughts. In this class we will each bring our own dinner and practice eating mindfully in a judgment-free environment. Class limited to 6 people. *Intake interview required prior to start date. HMO Brown & Toland members pay no fee. All others \$60 per class. <i>Registration for full series is required; unable to accommodate registration for a single class.</i> Advance payment/enrollment required.</p>	<p>Tuesday, February 6 Tuesday, February 13 Tuesday, February 20 Tuesday, February 27 6 – 7:30 pm 2100 Webster Street, Suite 100</p>
	<p>Emotional Heart Health <i>Presenters: Michelle Hall, RN, BSN (CPMC Cardiac Rehabilitation), Deborah Grossman, PsyD & Marie Atallah, PhD (CPMC Department of Psychiatry)</i> The presenters will discuss "Broken Heart Syndrome": how depression, anxiety, and stress impact the body and serve as risk factors for heart disease. Participants will learn practical techniques to manage stress, including deep breathing exercises to promote relaxation.</p>	<p>Thursday, February 8 5 – 6:30 pm 2333 Buchanan St. First Floor, Enright Room</p>
	<p>Maintain Your Brain: Memory & Aging <i>Presenters: Sarah Borish, PhD & Pavel Litvin, MA (CPMC RayDolby Brain Health Center)</i> This session will feature research on how brain health contributes to overall cognition and behavior, as well as strategies to improve memory and thinking in everyday life. The basics of diagnosis for various conditions will be discussed, including memory loss, early dementia, and Alzheimer's disease.</p>	<p>Wednesday, February 28 2:30 – 4:00 pm 2333 Buchanan St. First Floor, Enright Room</p>
March	<p>Sleeping Well <i>Presenter: Scott Plymale, LCSW, PhD</i> There may be many factors preventing you from getting a good night's rest. This workshop will focus on concrete self-care strategies and simple relaxation techniques to create a stronger immune system, more energy, and greater vitality.</p>	<p>Tuesday, March 6 2:30 – 4:00 pm 2333 Buchanan St. First Floor, Enright Room</p>
	<p style="text-align: center;">Annual Nutrition & Wellness Fair</p> <p style="text-align: center;">You are invited to participate in CHRC's 6th Annual Nutrition & Wellness Fair during National Nutrition Month! This health education event will offer games, raffle prizes, healthy recipes, food demonstrations, an opportunity to meet and greet our team and MUCH more! We will also offer FREE health screenings!</p> <p style="text-align: center;">Thursday, March 22, 11:00 am – 2:00 pm 2100 Webster Street Lobby</p>	

April	<p>Colorectal Cancer <i>Presenter: Ari Baron, MD (Chief, CPMC Division of Hematology Oncology, Pacific Hematology Oncology Associates)</i> An expert medical oncologist will offer vital information about colorectal cancer - the second leading cause of cancer-related death in the United States. The presenter will discuss the latest information regarding prevention, risk factors, signs and symptoms, and the most up-to-date treatments and research.</p>	<p>Tuesday, April 10 5:00 – 6:30 pm 2333 Buchanan St. First Floor, Enright Room</p>
	<p>Gut Health: Physical & Emotional Well-Being <i>Presenters: Elena Zidaru, MA, RD & Nicole Etzkorn, MPH (c)</i> Overall mental and physical health are closely related to the health of your gut. Learn the basics about the GI tract, how it functions, and the biological and environmental factors that influence gut health. A registered dietitian will discuss common conditions related to the digestive system and how to improve your physical and emotional well-being through lifestyle changes and the use of probiotics.</p>	<p>Wednesday, April 18 3:30 – 5:00 pm 2333 Buchanan St. First Floor, Enright Room</p>
	<p>Maintain Your Balance <i>Presenter: Michelle Spicher, PT, DPT, OCS (CPMC Physical Therapy Department)</i> Falls are the leading cause of injury in older adults. This interactive workshop provides education and balance screening for older adults who want to reduce their risk of falling, learn strategies to prevent falls, and maintain their independence. <i>Presentation location: South Tower, First Floor, Gazebo Room</i></p>	<p>Thursday, April 19 10:00 am – 12:00 pm CPMC Davies Campus (Castro & Duboce)</p>

Grocery Store Tours

Grocery shopping should not be confusing. Learn how to navigate the store by joining us for a Grocery Store Tour. A registered dietitian will guide you aisle by aisle to provide tips on grocery shopping and meal planning. *Fee: HMO Brown & Toland members pay no fee. All others \$60 per tour. **Advance payment/enrollment required. 6 participant limit.** All tours will be held at Safeway: 1335 Webster Street.

Wednesday, February 21 • Going Gluten-Free • 2 - 3:30 pm
Presenters: Elena Zidaru, MA, RD & Nicole Etzkorn, MPH (c)
On this 90-minute tour, you will learn how to read labels, identify gluten-free products, discuss naturally gluten-free foods and drinks, and create balanced meals. You will also be able to ask the dietitian about your food and nutrition-related questions.

Thursday, April 26 • Carbohydrates • 2 - 3:30 pm
Presenter: Sabine Haake, MA, RD
On this 90-minute tour, you will learn how to read labels, count carbs, create balanced meals, and identify added sugars. You will also be able to ask the dietitian about your food and nutrition-related questions. Learn to better manage your pre-diabetes or type 2 diabetes by shopping smarter.

SUPPORT GROUPS

Cancer Buddy Program

This program connects patients within the first year of a cancer diagnosis with trained volunteer cancer survivors. The program is a forum for individuals to speak openly with someone who understands cancer from personal experience.

To request a Buddy or to volunteer, call 415-923-3155

Stroke Survivor

This group is designed to aid the recovery of stroke survivors at any stage by providing a safe and supportive atmosphere where individuals are able to share their experiences.

2100 Webster Street, Suite 119
First Thursdays, 12:00 – 1:00 pm
To register, call 415-923-3155

Coping with Cancer

This workshop provides a safe and supportive environment for individuals with any cancer diagnosis. You can ask questions and get emotional support and information to help with your cancer journey. This free meeting promotes education, awareness and emotional support.

2351 Clay Street, Deikel Room #137
First Tuesdays, 4:30 – 6:00 pm
For more information, call 415-600-3977 or 415-600-5880

HEALTH & COGNITIVE SCREENINGS

Health screenings offered at the following San Francisco locations are **free** of cost. Each week offers a different screening type rotating through glucose, cholesterol, body mass index (BMI), and blood pressure. A registered nurse will be available to discuss screening results. ***Free cognitive screenings, provided by Savonix, are regularly available at the Professional Building site only.**
Drop-ins welcome, no registration required.

Mission YMCA
2nd and 4th Fridays
10 am – 12 pm
4080 Mission Street

Mission Neighborhood Centers
1st and 3rd Fridays
10 am – 12 pm
362 Capp Street

Chinatown YMCA
1st and 3rd Fridays
10 am – 12 pm
855 Sacramento Street

Stonestown YMCA
2nd Fridays, 9:45 – 11:45 am
3150 20th Ave. (Senior Annex)

***Professional Building, CPMC Pacific Campus**
1st and 3rd Wednesdays
2 – 4 pm
2100 Webster Street, Lobby