

# Summer 2022 Event Calendar

For the most updated schedule of events, refer to [chrcsf.org](http://chrcsf.org). Presentations are delivered as Zoom Webinars. Recordings are uploaded to [chrcsf.org/videos](http://chrcsf.org/videos). Help us by making a tax-deductible donation today. Scan here. →



<b>May</b>	<p><b>The Benefits of Medication vs Therapy</b>  <i>Presenter: Stephanie Amir, Dietetics &amp; Nutrition Science student at San Francisco State University</i>            This presentation will provide a brief overview of the different categories of psychiatric medications and corresponding therapy modalities. It will also explore treatment options that are available for anxiety, depression, mood disorders, psychotic disorders, and psychosocial concerns.            Discussion will include, how to choose between medication, therapy, or a combination of both.</p>	<p>Thursdays, May 26 3:30 – 5:00 pm</p> <p>Webinar ID <b>861 9587 2799</b></p>
<b>June</b>	<p><b>Sleep, Night Owls, and Morning Larks: Understanding Sleep Health and the Influence of Chronotype</b>  <i>Presenter: Natalie Solomon, PsyD (Stanford University School of Medicine)</i>            Join us to learn about sleep and chronotype. We will also cover how to improve your sleep and when to seek extra support. Doctor Natalie Solomon is a licensed psychologist and Clinical Assistant Professor in the Department of Psychiatry &amp; Behavioral Sciences at Stanford University School of Medicine. She spends splits her time treating sleep disorders in the Stanford Sleep Health and Insomnia Program (SHIP) and researching sleep in the Computational Psychiatry, Neuroimaging, and Sleep Lab (CoPsyn Sleep Lab).</p>	<p>Monday, Jun 13 3:30 – 5:00 pm</p> <p>Webinar ID <b>832 4971 1084</b></p>
	<p><b>Managing Diabetes: Practical Modern Tips for Blood Sugar Control</b>  <i>Presenter: Diabetes Nurse Educator</i>            Do you struggle to find the motivation to adhere to your diabetes schedule, or the willpower to follow all the "rules"? Come join the conversation about living gracefully with diabetes. Our speaker has 30 years of experience motivating people to improve their health and outlook on diabetes management.</p>	<p>Thursday, Jun 30 3:30 – 5:00 pm</p> <p>Webinar ID <b>895 0562 3243</b></p>
<b>July</b>	<p><b>Community Trauma: Coping with Current Events</b>  <i>Presenter: Adriana Panting, PhD (CPMC Health Psychology Fellowship)</i>            Come join our discussion about coping with community trauma. In this presentation, our speaker will provide context regarding community trauma, along with its affects on individuals living through tumultuous current events. Come away with ways to recognize traumatic events and how to reach out for support.</p>	<p>Wednesday, Jul 13 3:00 – 4:30 pm</p> <p>Webinar ID <b>882 1045 1480</b></p>
	<p><b>Introduction to Somatic Movement for Spine Mobility and Posture</b>  <i>Presenter: Diana Lara-Rodgers, MS, RSMT (On Lok)</i>            Through lecture, demonstration and practice students learn strategies to improve body-awareness, posture, and spinal mobility using a somatic approach based on Body-Mind Centering.</p>	<p>Thursday, Jul 14 3:00 – 4:00 pm</p> <p>Webinar ID <b>819 5806 6527</b></p>
<b>August</b>	<p><b>Chronic Kidney Disease and Nutrition (Three-Part Series)</b>  <i>Presenter: Elena Zidaru, MA, RD</i>  <b>Day 1 "Kidney Health, CKD, and Nutrition Therapy Overview"</b>: Get an introduction and overview to kidney function and the five stages of chronic kidney disease (CKD). We'll share information about preventing kidney damage, along with reducing and managing risk factors. Lastly, we will cover symptom management of common side effects of CKD (e.g., anemia, itching, etc) as well as basic nutrition therapy.  <b>Day 2 "Nutrition Recommendations for CKD"</b>: Receive guidance on how to preserve kidney function and slow disease progression. Elena will explain the benefits of nutrition intervention and provide specific recommendations for each stage of CKD. Recommendations for the stages of CKD will have a focus on protein, sodium, potassium, phosphorus, and other nutrition considerations.  <b>Day 3 "Planning Your Meals with CKD in Mind"</b>: In the final class of this series, Elena will focus on practical steps that lay the groundwork for a kidney-friendly diet. The goal of this class is for participants to better understand nutrition labels, and to get tips for planning meals and snacks.</p>	<p>Thursday, Aug 18 Thursday, Aug 25 Thursday, Sep 1</p> <p>3:30 – 5:00 pm</p> <p>Webinar series ID <b>854 5826 9226</b></p>

## FREE HEALTH SCREENINGS

Health screenings are available for free on a walk-in basis at the following San Francisco. Screenings include cholesterol, glucose, and blood pressure. Results are ready within 10 minutes. Wait times may vary. *This program is supported by Chevron and the PHS Commissioned Officers Foundation for the Advancement of Public Health.*

<p><b>Stonestown YMCA</b> 1<sup>st</sup> Tuesdays 10:00 am – 12:00 pm 3150 20<sup>th</sup> Ave, Senior Annex</p>	<p><b>Chinatown YMCA</b> 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 11:00 am – 1:00 pm 855 Sacramento St, Lobby</p>	<p><b>Pacific Professional Bldg.</b> 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 10:00 am – 12:00 pm 2100 Webster St, Lobby</p>	<p><b>MNC Quesada Campus</b> 2<sup>nd</sup> Thursdays 10:00 am – 12:00 pm 1311 Quesada Ave, Upstairs</p>	<p><b>Mission YMCA</b> 4<sup>th</sup> Thursdays 11:45 am – 1:45 pm 4080 Mission St, Senior Hall</p>	<p><b>Mission Neighborhood Centers (MNC)</b> 1<sup>st</sup> and 3<sup>rd</sup> Fridays 9:30 am – 11:30 am 362 Capp St</p>
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