

# Fall Event Calendar 2022

All presentations are hosted on Zoom. Access recordings at [chrcsf.org/videos](https://chrcsf.org/videos).



Make a \$10 donation today!

September	<b>Emotional Eating Support Group (Series)</b>	<b>Instructor: Sabine Haake, MBA, RD</b> This 8-week program combines therapeutic meal experience with cognitive behavior work to help participants overcome eating in stressful or emotional situations. Participants bring their own dinner and practice distinguishing between emotional and physical hunger within a small and judgment-free environment. Participants also learn 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 through the help of a behavioral specialist. <i>*Enrollment in full course is required. FREE for HMO Brown &amp; Toland members. Blue Shield also accepted: copay may apply. Flat fee \$60/class.</i>	Thursdays Sep 8 - Oct 27 5:30 – 7:00 pm  <b>Request Intake Interview: <a href="#">Click Here</a></b>
	<b>Long-Term care Information Session</b>	<b>Speaker: Lee Abel, CLTC</b> With longer life comes a higher risk of needing extended care. What's your plan to cover the high costs of being cared for at home or in a facility? This educational seminar will help you come up with a viable plan. We'll look at the costs of care and ways to pay for it, including Medicare, Medi-Cal, self-insuring, and the various types of long-term care insurance, including hybrid life/long term care policies.	Wednesday, Sep 14 3:30 – 5:00 pm  <b><a href="#">Click to Register</a></b>
October	<b>Advances and Innovations in Breast Health and Cancer Care (Panel)</b>	<b>Speakers: Sutter Health CPMC Breast Health and Cancer Care</b> This presentation panel, moderated by Doctor Anne Peled of the Sutter CPMC Breast Center of Excellence, will include five speakers from the CPMC Breast Care. Advances and innovations in breast health care are constantly coming underway as technology and new research become available. Join us as we showcase advances in breast imaging, cancer risk assessment through genetic testing, cancer care, and breast reconstruction.	Wednesday, Oct 19 4:30 – 6:00 pm  <b><a href="#">Click to Register</a></b>
	<b>Mindful Eating (Series)</b>	<b>Instructor: Jason Mousel, MS, RD</b> Eating while feeling stress or during emotional situations can impact our health in an 'unsavory' way and can often leave us feeling out of control and unhealthy. Join this 4-week class to learn how mindful eating can change the way you look at food and allow for enjoyable eating experiences. A registered dietitian will support participants to process feelings around eating in various situations while teaching steps that successfully shift attitudes and thoughts. The class will also help clients to take food risks, plan successful eating strategies and implement changes that improve health. <i>*Enrollment in full course is required. FREE for HMO Brown &amp; Toland members. Blue Shield also accepted: copay may apply. Flat fee \$60/class.</i>	Thursdays Oct 27 – Nov 17 6:00 – 7:00 pm  <b>Request Intake Interview: <a href="#">Click Here</a></b>
	<b>Colorectal Cancer Awareness Education</b>	<b>Speaker: Sutter CPMC Oncologist</b> An expert oncologist will offer vital information about colorectal cancer - the second leading cause of cancer-related death in the U.S. The presenter will also discuss the latest information regarding prevention, risk factors, signs, and symptoms, and the most up-to-date treatments and research.	Date and Time TBD  <b><a href="#">Click to Pre-register</a></b>
Nov	<b>Diet for Diabetes and Fatty Liver</b>	<b>Speaker: Nicole Vas, RD, CDCES</b> This is an encore presentation to the "Managing Diabetes: Practical Modern Tips for Blood Sugar Control" that Community Health Resource Center hosted registered dietitian and diabetes educator, Nicole Vas, for in June 2022. This presentation will delve deeper into foods recommended for those with diabetes, along with guidelines for treating fatty liver through diet.	Wednesday, Nov 2 3:30 – 5:00 pm  <b><a href="#">Click to Register</a></b>

Nov	Aging, Wellness, Sexual and Reproductive Health through Menopause	<b>Speaker: Ricki Pollycove, MD</b> Join us to learn about hormone and metabolic changes over time. Don't let "mid-life changes" get you down. Educate and anticipate! Cis and trans (FTM, MTF) health considerations will be part of our discussion, along with reproductive rights and sexual health in the context of current events.	Wednesday, Nov 9 5:30 – 7:00 pm <a href="#">Click to Register</a>
	Arthritis Awareness Education	<b>Speaker: Neal Birnbaum, MD</b> If you suffer from significant joint pain and swelling, join Doctor Neal Birnbaum to learn about your chronic pain and how to better manage it. This lecture will cover common causes and treatments, specifically reviewing conditions such as osteoarthritis, rheumatoid arthritis, psoriatic arthritis, and gout.	Monday, Dec 12 3:30 – 5:00 pm <a href="#">Click to Register</a>
Dec	Genetic Testing: Breast and Gynecological Health	<b>Speakers: Providers of Sutter CPMC Breast Health Center</b> This presentation will include two speakers, a surgeon specializing in breast reconstruction and plastic surgery, along with a gynecologist. Our speakers will share information about genetic testing and breast/gynecologic health related to BRCA mutations.	Date and Time TBD <a href="#">Click to Pre-register</a>

### 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.*

<b>Stonestown YMCA</b> 1 <sup>st</sup> Tuesdays 10 am – 12 pm 3150 20 <sup>th</sup> Ave, Senior Annex	<b>Chinatown YMCA</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays 11 am – 1 pm 855 Sacramento St	<b>Pacific Professional Building</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays 9:30 am – 11:30 am 2100 Webster St, Lobby	<b>MNC Bayview Campus</b> 2 <sup>nd</sup> Thursdays 10 am – 12 pm 1329 Evans Ave	<b>Mission Neighborhood Centers</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Fridays 9:30 am – 11:30 am 362 Capp St, Auditorium	<b>Mission YMCA</b> 4 <sup>th</sup> Thursdays 11:45 am – 1:45 pm 4080 Mission St, Senior Hall
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### Cancer Buddy Program – Sign up to be a volunteer!

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. We are looking for volunteers who have been in remission for at least a year to join this program.

Become a trained volunteer today. Call (415) 923-3155 or visit [jotform.com/cpmcchrc/Cbvolunteer](http://jotform.com/cpmcchrc/Cbvolunteer).