

Summer Event Calendar 2021

CHRC continues to offer all health education and appointments virtually (PDT). Most of our lectures are also recorded and shared. We will evaluate transition to a hybrid model of delivery (in-person and virtual) in keeping with public health guidelines.

For telehealth support call (415) 923-3155. If you would like to [DONATE, CLICK HERE](#).

May

Taking Care of Gut Health

Presenter: Elena Zidaru, MA, RD (CHRC)

Physical health is closely linked to gut health. Join us as we discuss the basics of the gastrointestinal tract and how it functions. We'll address gut microbiota and environmental factors that can influence its balance. A registered dietitian will discuss common conditions associated with gut Dysbiosis and ways to improve microbiota through diet and probiotics.

Thursday, May 13
4:00 – 5:00 pm

Zoom Webinar
[Click here to register](#)

Long-Term Care

Presenter: Lee Abel, CLTC

With a longer life expectancy comes a higher risk of needing care due to memory issues or help with daily activities. The financial costs of care are high, but so are the emotional and physical burdens placed on family members. Knowledge is the first step towards preparation. Join us for a highly informative seminar on long term care, the costs, the options, and key ways to finance it. We'll consider Medicare, Medi-Cal, and paying out of pocket, as well as various types of long term care insurance, including hybrid policies with death benefits.

Thursday, May 20
3:30 – 5:00 pm

Zoom Webinar
[Click here to register](#)

Mindful Eating*

Instructor: Jason Mousel, MS, RD (CHRC)

Do you struggle with food cravings or eating beyond fullness? Join our 4-week virtual class to explore how habits drive food choices. Learn to develop a balanced and healthy way of eating instead of feeling out of control. Use hunger and fullness to guide your eating, and enjoy food without feeling guilt.

*Full series enrollment required. FREE for HMO Brown & Toland members; \$60/class for all else. Scholarships may be available.

Thursdays,
June 3 – June 24
5:00 – 6:30 pm

Private Zoom Room
[Click here to enroll](#)

Age-Related Hearing Loss and Resources

Presenter: Jessie Johnson (Hearing and Speech Center of Northern California)

The Director of Counseling and Outreach joins us to discuss presbycusis or age-related hearing loss. She will share information on studies linking the cognitive relationship to hearing loss. Jessie will also review treatment options from free/low cost assistive listening devices to hearing aids, as well as insurance coverage for the devices. Great information to better support your clients and family with their hearing healthcare needs.

Thursday, June 10
3:30 – 5:00 pm

Zoom Webinar
[Click here to register](#)

Droopy Lids, Dry Eye, and Tearing: They are more related than you think

Presenter: Emily Charlson, MD, PhD (Pacific Eye Associates)

Age related changes to the eyelids can result in droopy lids and excess eyelid skin that block vision. In addition, eyelid malpositions often interfere with normal tear pumping mechanisms leading to reduced drainage and abnormal tear pooling on the eye surface. Dry eye can worsen or be worsened by lid position. The interplay of eyelids, tears and dry eye will be discussed and treatment options outlined.

Thursday, June 17
5:00 – 6:30 pm

Zoom Webinar
[Click here to register](#)

July

Inflammation & Diet

Presenter: Elena Zidaru, MA, RD (CHRC)

Join us to learn what dietary patterns can be helpful in fighting inflammation in our bodies. After describing what inflammation is and why it happens, we will discuss in detail the foods with anti-inflammatory properties. This lecture will also help you become aware of inflammatory diet behaviors, as well as some unproven dietary trends that claim to fight inflammation.

Thursday, July 8
3:30 – 5:00 pm

Zoom Webinar
[Click here to register](#)

August

Reducing the Risk of Recurrence through Exercise

Presenter: Milana Dolezal, MD (Pacific Hematology Oncology Associates)

Doctor Dolezal believes in cancer survivorship, living strong, the power of exercise and positive thinking. Courage and hope exist in all of us, and one's determination and full participation are crucial in the fight against cancer. The goal of this presentation is to share information regarding the medical benefit of integrating exercise into one's cancer recovery and to provide resources participants can use to further explore this topic.

Thursday, August 12
4:00 – 6:00 pm

Zoom Webinar
[Click here to register](#)

Understanding Your Favorite Grocery Items*

Presenter: CHRC Registered Dietitian

For this class, we want to hear from you! Send us the exact names of your favorite food products and our registered dietitians (RD) will review them in this presentation. Our RD will review up to 2 nutritional labels per person and teach you how to decide if the products are healthy food choices or not. Whether you have questions about portion sizes, percentages, or ingredients, our RD can help you better understand your nutritional labels. *Fee of \$5 collected at registration.

Thursday, August 19
3:30 – 5:00 pm

Zoom Webinar
[Click here to register](#)

SUPPORT GROUPS

Cancer Buddy Program

This program connects patients within the first year of 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.

First Fridays. 12:00 – 1:00 pm
For Zoom access, 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.

Call (415) 600-3977 or (415) 600-5880 for a schedule of meeting dates

FREE HEALTH SCREENINGS

Health screenings are offered in San Francisco free of cost. Each event offers total cholesterol, glucose, and blood pressure results. We also provide educational materials to help you further understand the role blood glucose, cholesterol, and blood pressure play in health management. Drop-ins welcome - no registration required.

Available

Mission Neighborhood Centers

1st and 3rd Fridays
10:00 am – 12:00 pm
362 Capp St

Unavailable

We are currently not conducting health screenings at this location. We will update chrcsf.org/events when health screenings return to this location.

Pacific Professional Building

2100 Webster St, Lobby