

Health, Wellness, Fitness and Educational

CLASS SCHEDULE

Check for updates on classes at www.cchphealthplan.com/classes-and-events or scan the code.



2026

Q2

APRIL-JUNE

HEALTH EDUCATION CLASSES

CLASSES SPONSORED BY CCHRC
Registration: 1-415-677-2473



CLASSES PROVIDED BY CHINESE HOSPITAL

Registration: 1-415-677-2458



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2473	4/9/2026	Thur	1:00pm	2:30pm	•			Coronary Artery Disease	<ul style="list-style-type: none"> Risk factors for coronary artery disease Prevention and treatment of coronary artery disease
	4/21/2026	Tue	1:00pm	2:30pm	•			Heart Failure	<ul style="list-style-type: none"> What causes heart failure? Signs and symptoms of heart failure How is heart failure diagnosed? Heart failure treatment options Lifestyle changes for heart failure
	5/7/2026	Thur	1:00pm	2:30pm	•			Mental Health and Wellness	<ul style="list-style-type: none"> Risk factors for stress Ways to control stress
	5/19/2026	Tue	1:00pm	2:30pm	•			COPD	<ul style="list-style-type: none"> What is COPD? Medications and self-care
	6/11/2026	Thur	1:00pm	2:30pm	•			Asthma Management	<ul style="list-style-type: none"> What is asthma? How to manage asthma
	6/23/2026	Tue	1:00pm	2:30pm	•			Osteoporosis	<ul style="list-style-type: none"> What is osteoporosis? How to prevent and treat osteoporosis
ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Wed Thur	3:00pm	4:00pm	•			*National Diabetes Prevention Program	<p>Participants will learn the skills needed to lose weight, become more physically active, and manage stress, to prevent or delay on set of type 2 diabetes (FREE to CCHP, Balance members and Chinese Hospital Health Services patients, \$220 for everyone else). Note: Dates and times are subject to change.</p>

PERINATAL CLASSES CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> How to prepare a pediatric medical home for the baby What to expect at the hospital after the baby is born How to care for the baby when they go home Oral care and breastfeeding
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FITNESS CLASSES

CHA WELLNESS PROGRAM | FOR CCHP & BALANCE MEMBER ONLY
Registration: 1-415-677-2458 | wellness@chasf.org



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE 1-415-677-2458	4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18	Thur	11:00am	12:00pm	•	•	•	Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
IN-PERSON CLASS CHINATOWN YMCA 1-415-677-2458	4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16	Tue	12:05pm	1:00pm	•	•	•	Zumba (Age 13+)	Mastering basic Latin-inspired dance moves, improving coordination and rhythm, increasing cardiovascular fitness, and boosting mood through dance and music, while having fun and socializing in a group setting.
COVID vaccination and masking are strongly recommended for all YMCA classes.	4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12	Fri	11:00am	12:00pm	•	•		Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.

Health Education Class

Fee: FREE

National Diabetes Prevention Program

In-Person Fitness Class: Chinatown YMCA | 855 Sacramento Street, San Francisco, CA 94108
Fee: FREE for members

Perinatal Class

Online Fitness Class

NOTE: Classes are FREE for CCHP and Balance members. Pre-registration is required. If fewer than 5 students register, the class will be cancelled. Dates and times are subject to change. In order to allow fair access, CCHP and Balance members may register for up to four classes each quarter. Beyond four classes, members can enter their name on a waiting list. If there are still spaces available, members will be contacted and added to the additional classes. COVID vaccination and masking are strongly recommended for all YMCA classes.