Program Benefits

- Receive free medical supplies (if insurance does not cover) such as blood pressure machine and glucometer
- Monitor and control diabetes and/or high blood pressure
- Gain knowledge and skills from our workshops
- Receive social support from trained staff & peers
- Improve physical fitness through different exercise classes

Space is limited so sign up today!

If you have diabetes, heart disease, high blood pressure, and/or obesity, and think the HEAL Program is right for you, please sign up with the Health Education department by calling (415) 391-9686 ext. 5843.

The HEAL Program is designed to help seniors make essential lifestyle changes to better manage their diabetes and/or hypertension. HEAL combines group education, individual counseling, and physical activities under one exciting program! Participants can customize their program modules based on their interest and needs.