

Kaiser Permanente Center for Healthy Living Programs for you



Everyone can use a little support to get their health on track. We can help guide you in the right direction in person, online, and by phone!

In Person and Online

Our interactive workshops* can help give you tools and support from trained professionals wherever you are!

If you want to... ...this workshop is for you!

Lose weight or reduce your risk of type 2 diabetes	Healthy Balance
Manage your diabetes	Living Well with Diabetes
Quit tobacco	Freedom from Tobacco
Sleep better	Sleep Well, Live Well
Enjoy breastfeeding	Breastfeeding with Success
Plan for your future health care	Life Care Planning
Have a healthier heart	Taking Care of Your Heart
Manage heart failure	Heart Failure: Living Well Each Day
Reduce and manage stress	Stress and Emotional Health Overview

By Phone

Wellness Coaching by Phone

Whether you need support to help you quit tobacco, manage your weight, get active, reduce stress, or eat healthy, you can work with a wellness coach to build a plan tailored just for you! To schedule a phone appointment, call **1-866-862-4295** between 7 a.m. and 7 p.m., Monday through Friday.

Available to Kaiser Permanente members only.



Check **kp.org/centerforhealthyliving** for more workshop information.



Call us for information or to register for workshops.

Antelope Valley	661-726-2200
Baldwin Park	626-851-5820
Downey	562-622-4150
Kern County	661-664-3712
Los Angeles	323-783-4472
Orange County	714-748-2714
Panorama City	818-375-3018
Riverside County	1-866-883-0119
San Bernardino County	909-609-3000
San Diego	619-641-4194
South Bay	310-816-5464
West Los Angeles	323-421-2710
Woodland Hills	818-719-4305



Register for workshops or coaching online.

- Sign in at **kp.org**.
- Choose "Schedule an appointment."
- Choose "Health class or coaching."
- Follow prompts to complete registration.

*Some members may have a cost share for health education classes. Check your *Evidence of Coverage* or contact Member Services at 1-800-464-4000 (TTY 711), 24 hours a day, 7 days a week (closed holidays), for benefit information about your plan's coverage of health education programs, workshops, and classes.

Services described here are provided to nonmembers on a fee-for-service basis and nonmembers are financially responsible to pay for them. Clinical services are provided by providers or contractors of the Southern California Permanente Medical Group. Results of services may vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under members' health plan benefits.