

Let's start something!



CENTER FOR
HEALTHY LIVING

 KAISER PERMANENTE®



Center for Healthy Living Programs

Everyone can use a little support to get their health on track. We can guide you in the right direction.



IN PERSON



Interactive
workshops



BY PHONE



Wellness Coaching
by Phone



ONLINE



Personal
Action Plan

Ready to make some changes? **Let's get started** ▶

kp.org/centerforhealthyliving



IN PERSON

If you want to...	...then this workshop is for you!
Lose weight	▶ 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

The workshops listed here are offered to Kaiser Permanente members at no charge. Nonmembers may be able to attend these workshops for a fee. Kaiser Permanente may offer additional workshops not described here for a fee. Contact your local Center for Healthy Living for more information.

Most programs are available in English and Spanish.



BY PHONE

Wellness Coaching by Phone

Whether you need support to 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.



ONLINE

Wherever you are, you're just a few clicks away from watching videos chosen for you by your health care team. If you're registered on kp.org, check out your Personal Action Plan at kp.org/actionplan on your computer or mobile device. (To register, visit kp.org/register.)

Call us to register for a workshop.

- Antelope Valley661-726-2200
- Baldwin Park626-851-5820
- Downey562-622-4150
- Kern County661-664-3712
- Los Angeles323-783-4472
- Orange County1-888-988-2800
- Panorama City.....818-375-3018
- Riverside/Moreno Valley1-866-883-0119
- San Bernardino County909-609-3000
- San Diego619-641-4194
- South Bay.....310-602-7940
- West Los Angeles323-421-2710
- Woodland Hills818-719-4305

Check kp.org/centerforhealthyliving for more workshop information and kp.org/healthybalance for our weight management program calendars.

Photo shows models, not actual patients.