



Center for Healthy Living ONLINE WORKSHOPS

We're now offering Kaiser Permanente members online workshops at no cost. These interactive workshops can give you tools and support from trained professionals to help get your health on track wherever you are!

Workshops

- Breastfeeding with Success
- Freedom from Tobacco
- Healthy Balance
- Heart Failure: Living Well Each Day
- Life Care Planning
- Living Well with Diabetes
- Options: Metabolic and Bariatric Surgery Preparation and Support
- Sleep Well, Live Well
- Taking Care of Your Heart



To join, you'll need:

- 1** **kp.org** account (get one at kp.org/registernow)
- 2** Computer, smartphone, or tablet with a secure and reliable internet connection
- 3** Google Chrome, Mozilla Firefox, or Apple Safari (Internet Explorer is not supported)
- 4** A scheduled appointment



For information and to schedule an appointment, call your local Center for Healthy Living.

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