

## OPTION 4: Attend weight-management classes

Attend seven (7) or more *Healthy Balance: A Weight Management Program* classes at a Kaiser Permanente location between November 13th, 2023 and April 30th, 2024, and submit a completed *Healthy Balance Class Session Log* to [wellness@nmusd.us](mailto:wellness@nmusd.us) by April 30th, 2024.

Healthy Balance Class Session Log		
	Date of Class	Class Notes
Class 1		
Class 2		
Class 3		
Class 4		
Class 5		
Class 6		
Class 7		
Congratulations! You have met the OPTION 4 requirement of attending seven (7) <i>Healthy Balance: A Weight Management Program</i> classes at a Kaiser Permanente location. However, you are encouraged to continue attending classes at no cost for as long as you are enrolled as a Kaiser member.		
Class 8		
Class 9		
Class 10		