

# OPTION 4: Attend weight-management classes

Attend six (6) or more *Healthy Balance: A Weight Management Program* classes at a Kaiser Permanente location between November 12th, 2025 and April 30th, 2026, and submit a completed *Healthy Balance Class Session Log* to [wellness@nmusd.us](mailto:wellness@nmusd.us) by April 30th, 2026.

<b>Healthy Balance Class Session Log</b>		
	<b>Date of Class</b>	<b>Class Notes</b>
<b>Class 1</b>		
<b>Class 2</b>		
<b>Class 3</b>		
<b>Class 4</b>		
<b>Class 5</b>		
<b>Class 6</b>		

**Congratulations! You have met the OPTION 4 requirement of attending six (6) *Healthy Balance: A Weight Management Program* 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.**