

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 16th, 2026 and April 30th, 2027, and submit a completed *Healthy Balance Class Session Log* to wellness@nmusd.us by April 30th, 2027.

Healthy Balance Class Session Log		
	Date of Class	Class Notes
Class 1		
Class 2		
Class 3		
Class 4		
Class 5		
Class 6		

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.