



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

Baldwin Park
626-851-5820

Downey
562-622-4150

Kern County
661-664-3712

Los Angeles
323-783-4472

Orange County
714-748-2714

Panorama City
818-375-3018

Riverside County
1-866-883-0119

San Bernardino County
909-609-3000

San Diego
619-641-4194

South Bay
310-816-5464

West Los Angeles
323-421-2710

Woodland Hills
818-719-4305