Weight Management and Nutrition
Classes and Resources

KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT • EAST BAY SERVICE AREA

Classes (clases en español en el revés de la página)

Healthy Weight Program (10 sessions)
Designed to help you adopt healthier lifestyle behaviors and attitudes, including exercise, nutrition, stress management, improved self-esteem, and affirmative thinking patterns. Meet regularly with other group members to share ideas, discuss challenges, and support each other in building new skills and healthy habits.
Fee: No fee for members; $130 nonmembers
Location: Oakland, Richmond, Pinole

Managing Your Weight (1 session)
Attend this one-session class to learn practical ideas and tools for making healthy lifestyle choices that can help you lose weight and keep it off.
Fee: No fee for members; $15 nonmembers
Locations: Oakland, Richmond and Pinole

Take Control: Cholesterol and Blood Pressure
Learn how exercise and a heart healthy diet can lower your cholesterol and blood pressure, improve your overall health, and reduce your risk for heart attack and stroke. Members only.
Fee: No Fee, Kaiser Permanente members only.
Location: Oakland, Richmond

Food and Nutrition Workshop
Curious about nutrients, food, and healthy eating? This dietitian-led workshop explores basic nutrition, portions, eating on the run, recipe modification, and food label reading as well as current issues in nutrition.
Fee: No Fee, Kaiser Permanente members only.
Location: Richmond

To register for a class, please call the Health Education Department or stop by one of our locations. Our Health Education Centers are open to members and the community. We carry a variety of health information to support you and your family.
• Healthy eating cookbooks
• Exercise videos and DVDs
• Meditation tapes and CDs
• Yoga mats and straps

Oakland
Health Education Department
(510) 752-6150
Health Education Center
3600 Broadway, 1st Floor
Healthy Living Center
3701 Broadway, 1st Floor
Health Resource Desk
3801 Howe St., 1st Floor
Oakland, CA 94611

Alameda
Healthy Living Center
(510) 752-9215
2417 Central Ave., 2nd Floor
Alameda, CA 94501

Richmond
Health Education Center
(510) 307-2210
901 Nevin Ave., Building 1, 1st Floor
Richmond, CA 94801

Pinole
Health Education Center
(510) 243-4020
1301 Pinole Valley Road, 1st Floor
Pinole, CA 94564

Ever wanted your own Wellness Coach? Now you can! - Call 1-866-251-4514 for an appointment. -
Health Education strives to improve the total health of our members and the communities we serve. We encourage you to be an active partner in managing medical conditions, preventing disease and promoting health.

Kaiser Permanente Medical Weight Management Program

(510) 752-2399  Call to register for free orientation.

If you have at least 40 pounds to lose and want to make positive, healthy, lasting changes, increase your energy level, and help you get the most out of life, this medically-supervised program might be the answer for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions.

No referral required. To learn more, visit kphealthyweight.com -

**Fee:** Services described above are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. (“Health Plan”), and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under the Health Plan. If you are a Health Plan member, please check your Evidence of Coverage.

Weight Loss Surgery Introductory Seminar

This class will introduce you to the surgery process and emphasize changes you must make before and after your procedure. Determine how ready you are to make a major lifestyle change. This class is the required first step for anyone interested in a referral for weight loss surgery.

**Fee:** No Fee

**Location:** Oakland, Richmond

**Clases en Español**

Un Peso Saludable, Una Vida Saludable (4 sesiones)

Usted aprenderá lo que debe saber acerca de la nutrición y como alimentarse saludablemente; como comenzar un programa de ejercicio y seguir en el y como adaptar sus recetas favoritas.

**Costo:** gratis; $40 no miembros;

**Ubicación:** Richmond

El Colesterol, La Hipertensión Arterial y Su Salud

Descubra como el colesterol y hipertensión arterial afectan su salud. Compare sus resultados con los recomendados y establezca metas para su situación personal. Aprenda a comer mas saludablemente, cual es la importancia del ejercicio y a leer las etiquetas de los alimentos.

**Costo:** Gratis, Abierta solo a los miembros de Kaiser Permanente

**Ubicación:** Richmond

Asesor de Bienestar

Su propio asesor para ayuda en tomando control de su salud.

Llama 1-866-251-4514 para hacer una cita. *Gratis* -

Your Health Online
Shortcuts to better health at kp.org

kp.org/mydoctor – 
- Select and communicate with your doctor -
- Access online programs, videos, and podcasts

kp.org/healthyweight – online information about all our weight programs so you can find the one that best fits your needs

Healthy Weight Webinar – participate in a live, interactive webinar from the comfort of home. To register call a Wellness Coach at 1-866-251-4514

kp.org/healthcoach – online health coaching programs

kp.org/healthylifestyles – personalized assessments and action plans for total health

kp.org/nutrition – help for eating well

kp.org/recipes – healthy recipes

Español

kp.org/español – Contenido en español.

kp.org/nutrición – Información sobre comiendo saludablemente en español.

kp.org/peso – Información sobre un peso saludable en español.

Other services:

Body Composition Analysis: This test is a quick and painless way to determine your body fat percentage and lean tissue weight. *Members only.*

**Fee:** $25 **Location:** Oakland

Resting Metabolic Rate: Using a simple breath test, we can measure your resting metabolic rate so you’ll know how to determine the number of calories your body needs for you to lose, gain, or maintain your weight. *Members only.*

**Fee:** $50 **Location:** Oakland

Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage (EOC) to confirm the services covered under your plan. For additional information call 1-800-390-3507. Kaiser Permanente Medi-Cal fees are the same as member fees.