Our online interactive group workshop may help you take small steps to manage your condition. You’ll get tools and support from trained professionals and other participants who know what you’re going through.

Available workshops:

- Breastfeeding with Success
- Healthy Balance
- Heart Failure: Living Well Each Day
- Living Well with Diabetes
- Options Bariatric Orientation
- Plant Based Lifestyle
- Stress & Emotional Health
- Sleep Well Live Well
- Taking Care of Your Heart
- The Keys to Preventing Diabetes
- Weight Management Overview

What you’ll need:

1. kp.org account
   Not registered? Visit kp.org/registernow

2. Computer, smartphone, or tablet with a secure reliable internet connection

3. One of these browsers:
   - Google Chrome
   - Mozilla Firefox
   - Apple Safari

Internet Explorer is not supported

Call us to register.
Center for Healthy Living
(626) 851-5820

Let’s start something.