



VIRTUAL WORKSHOP

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**

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



Let's start something.

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