### Nutrition & Weight Control
- Healthy Balance: A Weight Management Program *(fee)*
- Medical Weight Loss Program *(fee)*

### Diabetes
- Pre-Diabetes: Preventing Diabetes *[SP]*
- Living Well with Diabetes:
  - Insulin Injection Instruction *[SP]*
- Living Well with Diabetes:
  - Testing Your Blood Sugar *[SP]*
- Living Well with Diabetes:
  - Taking Care of Yourself *[SP]*
- Carbohydrate Counting

### Heart Health
- Taking Care of Your Heart *[SP]*
- Heart Failure: Living Well *[SP]*

### Mind-Body
- Mind-Body Health
- Stress & Emotional Health:
  - An Overview
- Life Care Planning (Advance Directive)
- Yoga *(fee)* (call 310-816-5440 to register)

### Managing Ongoing Conditions
- Insomnia Class

### Childbirth & Reproductive Health
- Prepared Childbirth *(fee)* (call 310-816-5440 to register)
- Maternity Tour (call 310-517-4374 to register)
- If It’s Right for you: Tubal Sterilization *[SP]*
- If It’s Right for you: Vasectomy *[SP]*

### Parenting
- Labor & Delivery Process
- Breastfeeding with Success:
  - What you Need to Know
- Infant CPR *(fee)* (call 310-816-5440 to register)

### Women’s Health
- Female Incontinence *[SP]*

### Resources to Keep you Healthy:
1. Healthier Living Stores
   (THRIVE merchandise, reference books, breast pumps & accessories, and much more). Two locations:
   - Main Street Health Pavilion
     23701 Main St., Carson (310) 816-5440
   - Carson North MOB
     18600 S Figueroa St., Gardena (310) 516-2445

2. [www.kp.org](http://www.kp.org)
3. Wellness Coaching by Phone 866-402-4320

*[SP] = Classes are also Available in Spanish  *(fee)* = A fee is required upon Registering for this class