Workshops Offered

- Baby Care Basics
- Breastfeeding with Success
- Freedom From Tobacco
- Guided Meditation
- Healthy Balance (Weight-loss program)
- Healthy Lifestyles for Families
- Heart Failure: Living Well Each Day
- Life Care Planning (Advance Directives)
- Mind/Body Health
- Living Well with Diabetes
- Sleep Well, Live Well
- Stress and Emotional Health
- Taking Care of Your Heart Cholesterol and Blood Pressure

Fee for Service Prerequisite

- Childbirth Preparation
- Yoga

Class dates and locations are subject to change. Please call to enroll. Preregistration is required.

Center for Healthy Living
818-719-4305 Option 4

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