




**CENTER FOR
HEALTHY LIVING**

 KAISER PERMANENTE.

Living Well with Diabetes



Register online

1. Sign in at kp.org/appointments.
2. Choose "Schedule an appointment."
3. Choose "Health class or coaching."
4. Follow prompts to complete registration.



To reschedule or cancel, call us or sign in to kp.org



Visit the Center for Healthy Living website to learn more about what we offer!

SCAN OR CLICK

kp.org/centerforhealthyliving

Diabetes can be manageable.

Take steps to manage your diabetes, improve your lab test numbers, and help you feel your best every day!

Your program includes **two interactive sessions** (in person* or online) **plus** access to a **personal wellness coach** to support you in reaching your health goals.

You'll get **tools and tips** to help you:

- Check your blood sugar and take medications
- Eat healthy, stay active, and cope with stress

Call us for information or to register for a workshop.

Antelope Valley	661-726-2200
Baldwin Park	626-851-5820
Downey	562-622-4150
Kern County	661-664-3712
Los Angeles	323-783-4472
Orange County	714-748-2714
Panorama City	818-375-3018
Riverside County	1-866-883-0119
San Bernardino County	909-609-3000
San Diego	619-641-4194
South Bay	310-816-5464
West Los Angeles	323-421-2710
Woodland Hills	818-719-4305

*Some members may have a cost share for health education classes. Check your Evidence of Coverage or contact Member Services at 1-800-464-4000 (TTY 711), 24 hours a day, 7 days a week (closed holidays), for benefit information about your health plan's coverage of health education programs, workshops, and classes.