

Healthy Weight Series



This is a four-week series of no-cost classes that will help you learn strategies and build skills to manage your weight. A Kaiser Permanente health educator will discuss how to set realistic short- and long-term goals, the importance of healthy eating and physical activity, and how to stay motivated through lapses and plateaus. Sessions include:

Making Changes for a Healthier Lifestyle

March 7, 2024 | 1-2pm ET

Building Healthy Eating Habits

March 14, 2024 | 1-2pm ET

Moving More, Sitting Less

March 21, 2024 | 1-2pm ET

Handling Challenges & Staying Motivated

March 28, 2024 | 1-2pm ET

Click [HERE](#) to Register

Participation in all 4 classes is encouraged but not required.
You do not need to be a KP member to participate.

For more information, email KP-MA-WorkforceHealth@kp.org

