

Kaiser Permanente South Bay  
**HEALTHY LIVING PROGRAMS OFFERED AT  
THE HEALTH EDUCATION DEPARTMENT**



Your Kaiser Permanente Health Education Department is committed to helping you maintain and improve your health. Here is a list of the various Programs offered at our Department, and how to register for them.

Registering For Our Classes

Unless otherwise specified, you can register for our classes by calling our Appointment Center at (310) 602-7940

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