

# Healthy Living Programs and Classes



To help you meet your health goals, Kaiser Permanente offers a variety of health promotion classes and programs through your local facility's Health Education Center.

## 1-2-3 Magic: Effective Discipline for Children Ages 2 to 12.

1-2-3 Magic is an internationally acclaimed child-discipline program. The program, developed by Thomas W. Phelan, offers a humorous look at parenting with a serious look at discipline and teaches disciplining without arguing, yelling, or spanking, and the five tactics for encouraging good behavior. Please, no children.

## Healthy Eating, Active Living for Kids, Families: Overview

We're here to help you and your school-aged children develop a healthy lifestyle together. This single-session class will cover basic nutrition strategies and fitness with activities the whole family can enjoy. Parents need to attend with their child and will learn how to be healthy role models.

## Managing Your Weight

Successful weight loss requires more than just cutting calories. Learn how making health lifestyle choices including regular exercise, proper nutrition, and a positive attitude can help you lose weight and keep it off in this single-session class.

## Healthy Lifestyle and Weight Management

This eleven-session class is designed to help you improve your health through permanent lifestyle changes. It provides guidance for physical activity, healthy eating, stress management, communication skills, and strategies for maintaining progress.

## Quit Tobacco Workshop

In this single-session, no-pressure workshop you will get a better understanding of the nature of addiction and the resources available to help you quit. You will learn the tools you need to develop your own quit plan. Participation in this program qualifies members with supplemental drug coverage to obtain tobacco cessation medication at their usual cost share.

## Freedom from Tobacco Series

Declare your freedom and join our tobacco cessation program. In this eight-session program, you can learn about the nature of nicotine addiction, how to develop a personal quit plan, and how to deal with withdrawal. Participation in this program qualifies members with supplemental drug coverage to obtain tobacco cessation medication at their usual cost share.

## Health Education Center Locations

Antioch Medical Center:	(925) 813-3560	Delta Fair Medical Offices:	(925) 779-5147
Livermore Medical Offices:	(925) 243-2920	Martinez Medical Offices:	(925) 372-1198
Park Shadelands Medical Offices:	(925) 906-2190	Pleasanton Medical Offices:	(925) 847-5172
Walnut Creek Medical Center:	(925) 295-4410		

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.