

### EAT HEALTHY, FEEL BETTER

Do you want to lose weight? Are you trying to manage heart disease, high blood pressure, or diabetes? Choose a weight management option that fits your learning style – and discover how to create lasting behavior changes.



### Healthy Weight

This program can help you achieve and maintain a healthy weight. The series is taught by registered dietitians. You'll explore effective strategies to help you better understand the root causes of weight problems, and practical solutions to achieve long term-weight management and better health. Making permanent change in any area of your life is about knowledge, practice, and support. People who complete the program are likely to lose weight and boost their confidence in achieving long-term success.

The series consists of 12 weekly sessions. You are encouraged to make this an ongoing effort and repeat the series several times over the course of a year. It can keep you motivated and on track. Each time you repeat the series, you'll have more opportunities to practice skills and hear different viewpoints and discussions.

You can take Healthy Weight in person, online, or over the phone.

First time taking the series:

Members \$120, nonmembers \$150

Each additional time taking the series:

Members \$60, nonmembers \$75

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.

### Not quite ready for an intensive program?

Consider talking to a health coach. You can learn ways to clarify your goals, design a plan for change, and problem solve any challenges. You can have a phone or video call, at a time convenient to your schedule.

Free for Kaiser Permanente members

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.

### Want to know more?

- Visit [kp.org/healthengagement/weight](https://kp.org/healthengagement/weight).
- Visit [kp.org/healthengagement/exercise](https://kp.org/healthengagement/exercise).
- Visit [kp.org/healthengagement/nutrition](https://kp.org/healthengagement/nutrition).
- Go to [kp.org/video](https://kp.org/video) to see the "Exercise for Life" and "Healthy Shopping, Cooking, and Snacking" videos.
- Check out the free online programs at [kp.org/nourish](https://kp.org/nourish) (nutrition) and [kp.org/balance](https://kp.org/balance) (weight management) for Kaiser Permanente members.

### Healthy Futures – prerecorded webinar

Take conflict off the menu. Learn proven strategies for coping with difficult eaters in this prerecorded webinar. You'll also learn how to make mealtime more pleasant and rewarding. This webinar is designed for parents/guardians of children ages 2-12. View it at [kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily).

### Bariatric Surgery Support Group

This group is open to Kaiser Permanente members who have been referred to the Bariatric Surgery Program. It is also open to members who have had, or are preparing for, gastric-bypass surgery, either at Kaiser Permanente or elsewhere. You can share information about nutrition, activity, stress management, and other issues with a staff member from the program.

Monthly sessions for Kaiser Permanente members  
No fee

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.