

Taking Care of YourSELF

Support for Your Healthier Life

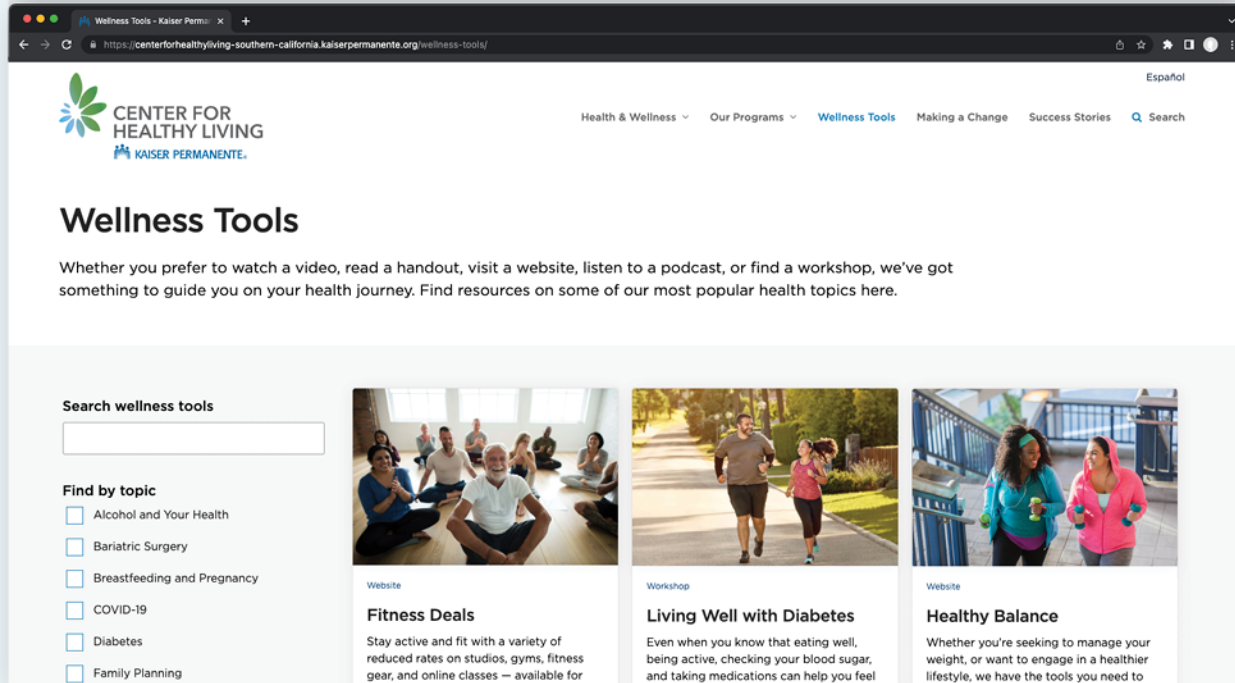


SELF-Care Practices for a Healthy Life



kp.org/centerforhealthyliving

Get information about workshops and other programs available through the Center for Healthy Living.



The screenshot shows a web browser window displaying the "Wellness Tools" page on the Center for Healthy Living website. The page features a search bar, a list of filters under "Find by topic" (Alcohol and Your Health, Bariatric Surgery, Breastfeeding and Pregnancy, COVID-19, Diabetes, Family Planning), and three featured resource cards: "Fitness Deals" (Website), "Living Well with Diabetes" (Workshop), and "Healthy Balance" (Website). Each card includes a small image and a brief description of the resource.



Find resources with more information on today's topic and other popular health topics under **Wellness Tools**.

Wellness Coaching by Phone

1-866-862-4295



Kaiser Permanente members can get support over the phone to make healthy changes around quitting tobacco, managing weight, eating healthy, reducing stress, or getting active.

Self-Care Apps for Your Everyday Life

» Learn more at kp.org/selfcareapps



Thoroughly evaluated by
Kaiser Permanente clinicians



Easy to use and proven effective



Safe and confidential

Your feedback is valued and appreciated!
Please scan the QR code or follow the link to complete a 3-minute survey.



<http://s.alchemer.com/s3/LACERA>

THANK YOU!