



Kaiser Permanente Workforce Health

Onsite health promotion classes

Be Sweet to Your Heart

Lower your risk for diabetes and heart disease. Know your risk factors and learn about meal tips to manage blood pressure, cholesterol, and weight.

Break Free for Life – Quitting Tobacco Successfully

Get ready to quit! This general session for tobacco users who are thinking about quitting will provide Kaiser Permanente and community tobacco cessation resources along with healthy behavior alternatives.

Fuel for Fitness

Food choices and nutrition guidelines can help fuel fitness, energy, and endurance. Determine if you need supplements and discover online resources that provide information on fitness and dietary supplements.

Get Your Plate in Shape

Whether you have high cholesterol, high blood pressure, or just want to improve your eating, come to this session. Learn to shape up your plate with healthy portion sizes that boost nutrition.

Healthy Aging

Leap into good health! Learn the difference between aging and growing old and what you can do to thrive in your golden years.

Healthy Living (3 sessions)

Session I – Nutrition
Session II – Exercise
Session III – Sleep

Healthy Sleep

Sleeping well is vital to good health, well-being, and job performance. Learn strategies to get the best night's sleep.

How to Thrive as a Caregiver

Prevent caregiver burnout. Learn how to first take care of yourself so that you can take better care of your loved ones.

Living to Thrive – Mindfulness

Learn the basics of mindfulness meditation techniques, which have been demonstrated to increase mind-body awareness and improve your ability to cope with stress, pain, and illness.

Kaiser Permanente Workforce Health

The Power of Exercise and You

Your health is priceless. Staying healthy requires exercise. This informative presentation will teach you the essential components of an exercise program. Understand the many benefits exercise can bring to your life, develop an action plan, and learn much more.

Prevention 101

Stay on a healthy track by following some basic preventive care guidelines. Recommendations for cancer screenings, cholesterol and blood sugar testing, tobacco cessation, exercise, blood pressure targets, and immunizations will be reviewed.

Setting Goals for Healthy Behavior

Adopting a healthy behavior can take up to 21 days. Learn what it takes and see how tracking your activities can help to support your long term success.

Stress Management

Living to Thrive

At one time or another, we all encounter stress. Learn to identify stressful situations and to recognize the body's stress signals. Get the tools you need to better manage your stress.

Holiday stress

Put the joy back into your holidays. Learn the 4 F's of holiday friction: fantasies, family, food, and finances, and what you can do to avoid stress this holiday.

Thrive: Living a Healthy Life (6 sessions)

Sometimes life is all about change. Learn how making small changes in your diet, lifestyle, and attitude can help you get back on track. Topics include taking action, diet, exercise, stress management, and making a change that lasts a lifetime.

Viva Veggies – Plant Strong Eating

Transition to a healthier life. Plant strong eating can improve your health and sense of well-being. Discover the elements and benefits of a plant strong diet with recipes and cooking tips.