

# Healthy Balance

## Weight Management Program



Developed by professionals, this program is based on three basic ideas for success: healthy eating, daily habits, and physical activity. Kaiser Permanente medical and weight loss professionals work with you to help you achieve your goals, while other program members will help cheer you on. Programs are offered weekly. Start when you are ready.

Available at no cost to Kaiser Permanente members. For more information and class calendars, visit [kp.org/healthybalance](https://kp.org/healthybalance).

Visit [kp.org/centerforhealthyliving](https://kp.org/centerforhealthyliving) to learn about all the workshops and programs we offer.



Let's start something.

Services described here are provided to nonmembers on a fee-for-service basis and nonmembers are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Southern California Permanente Medical Group. Results of services may vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc. and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under members' health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.

\* Results not typical. People who participate in the Healthy Balance weight management program lose an average of 11 pounds (based on 2015–2016 Kaiser Permanente Healthy Balance program participant data).