

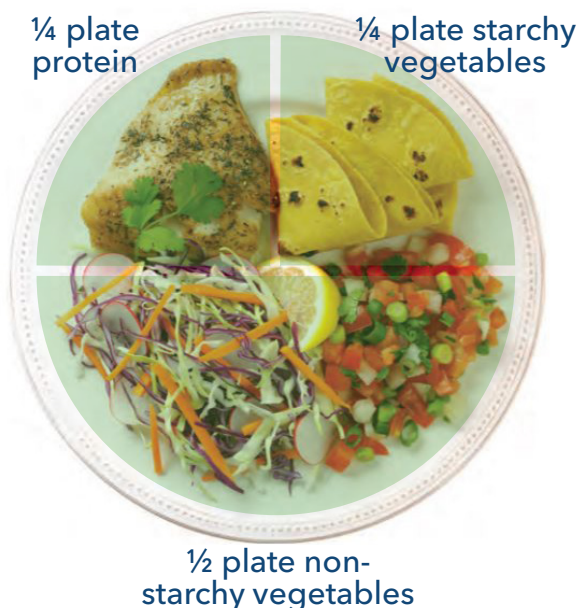
Welcome to Healthy Balance



About Healthy Balance

This is a 16-week course covering healthy eating, fitness, and mindsets. People who join this group are often looking to lose weight, increase their exercise routine, lower blood sugar (A1C), lower blood pressure, and/or feel generally healthier. This class is "open enrollment," meaning that anyone can enroll at any week.

The Plate Method



Choose More Often

- Vegetables
- Whole grains
- Fruits
- Low-fat dairy
- Fish
- Legumes
- Nuts



Choose Less Often

- Red meats
- Processed meats
- Refined grains
- Sugar-sweetened foods and drinks
- Salt

858-616-5600
positivechoice.org

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



CENTER FOR
HEALTHY LIVING
 KAISER PERMANENTE®

Welcome to Healthy Balance

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Online Resources

- [Positivechoice.org](https://positivechoice.org) (links to resources, including exercise videos)
- [Youtube.com/@positivechoice](https://youtube.com/@positivechoice) Check out our YouTube Channel!
- [Positivechoice.org/podcast](https://positivechoice.org/podcast) Listen to our Positive Choice Wellness Podcast on any podcasting application or YouTube
- [KP.org/healthybalance](https://kp.org/healthybalance)
- [KP.org/recipes](https://kp.org/recipes)
- [KP.org/exercise](https://kp.org/exercise) - for discounts on gym memberships and more!
- [KP.org/selfcareapps](https://kp.org/selfcareapps)

Policies

- Participants will be dropped after 3 consecutive missed classes if you do not notify your instructor you will be returning. Please know that you can be added back to a class if you are dropped (based on available seats).
- There are no make-up classes. If you miss a class, you can read the pages in the book, or chat with your instructor before or after class to get a summary.
- Your instructor is available 30 minutes before and after your scheduled class.

Zoom Tech Support Line:
844-800-0820

Wellness Coaching by Phone
866-862-4295

Additional Services

Positive Choice provides other services that can help you reach your health and wellness goals.

- Personal training (in-person and virtual)
- In-person group fitness classes
- SECA body composition testing
- One-on-one mindfulness appointments
- Biofeedback
- Emotional eating programs

These services are an additional cost. For more information, visit positivechoice.org or call **858-616-5514**

Notes
