

# Live Webinar Classes

February through May 2017



Get live support from Kaiser Permanente health educators on a variety of health topics at no cost.

Visit [kpwebinar.org](http://kpwebinar.org) to register.

## **Healing Hearts**

Tuesdays from 11:30 a.m. to 12:30 p.m.  
February 7, March 7, April 4, May 2

## **“Heart and Sole” of Health**

Wednesdays from 11:30 a.m. to 12:30 p.m.  
February 8, March 8, April 12, May 10

## **Introduction to Partial Meal Replacements**

Tuesdays from 4 to 5 p.m.  
February 28, March 28, April 25, May 30  
  
Fridays from 1 to 2 p.m.  
March 17, April 21, May 19

## **Partial Meal Replacement Weight Loss Group (follow-up class)**

Tuesdays from 4 to 5 p.m.  
February 14, March 14, April 11, May 9  
  
Fridays from 1 to 2 p.m.  
February 3, March 3, April 7, May 5

## **Mediterranean Diet for Heart Health**

Tuesdays from 11 a.m. to noon  
January 17, February 21, March 21, April 18, May 23

## **Reducing Your Risk of Diabetes and Heart Disease**

Tuesdays from 4 to 5 p.m.  
February 28, March 28, April 25, May 23

## **Weight Loss—What Works**

Tuesdays from noon to 1 p.m.  
February 14, March 14, April 11, May 9