

Living Well

Programs to help
you take charge

Do you have an ongoing health condition?

Get online support to feel your best



Better Choices, Better Health[®]

is an online Living Well program that offers strategies for managing conditions like diabetes, heart disease, asthma, pain, insomnia, and more. The 6-week workshop is just one hour a week and includes:

- Tools and techniques for becoming more active, boosting your energy, eating well, reducing pain, sleeping better, and more
- Guidance from trained facilitators as you start taking small steps toward achieving your health goals
- A supportive online community where workshop participants can share experiences and motivate each other



Better Choices, Better Health is available at no extra cost for Kaiser Permanente members.

TO GET STARTED

Visit kp.org/wa/livingwell for more information or to register for an upcoming workshop.