

Living Well

Programs to help you take charge



Do you have an ongoing health condition?

Our Living Well programs can provide you strategies to manage and cope with conditions like diabetes, heart disease, asthma, pain, and more.

You'll build skills to take care of yourself and improve your well-being. And you'll meet others experiencing similar health challenges. Together, you'll learn how to complete small, achievable steps toward Living Well.



Pain - in person

- Reduce your pain
- Sleep better
- Become more active
- Gain energy
- Use pain medicine appropriately
- Handle stress
- Plan and pace activities
- Communicate about your pain



All conditions - in person

- Breathe better
- Be more active
- Reduce your pain
- Boost your energy
- Eat well
- Handle stress
- Manage medications
- Increase your social support



Diabetes - in person

- Plan your meals
- Increase your energy
- Achieve your blood sugar goals
- Manage your medications
- Handle stress
- Care for your feet



All conditions - online

"Better Choices, Better Health" gives you the same strategies you'd get in person, but with the convenience of logging on once a week at a time that's best for you.

Details

- Led by trained volunteers
- Once a week for 6 weeks
- Group sessions
- No extra cost for Kaiser Permanente members

Register



Online at

kp.org/wa/livingwell



Call 1-800-992-2279