

Fuel your body the right way



Take a convenient online class to help you learn to eat healthfully.

Eat Well, Live Well

Learn the secrets to a healthy (and delicious) diet and get help making smart choices when you're shopping, cooking, and dining out.

March 16, 2022 | 3:30 p.m. to 4:30 p.m. PST

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3636664/2FD1F2E585DD1C44BC770FCCD8EE6A3F>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

