

**REGISTRATION:** Please email Ashley at [livewellbewell.nvly@kp.org](mailto:livewellbewell.nvly@kp.org) with your **MRN** and **Phone Number**.

### March

**Living Heart Healthy** Learn how to manage your blood pressure and develop behaviors that limit your risk and improve your health.

**Roseville Medical Center**  
March 20th, 5:30pm - 7:00pm

**Prediabetes** Learn how to help prevent or delay the onset of diabetes by eating well and exercising. Take control of your health!

**Point West MOB**  
March 25th, 5:30pm - 7:00pm

### April / May

**Improving Your Sleep Series** This 4-week series is a great way to deal with fatigue by providing you with tips and tools that help you fall asleep and STAY asleep.

**Roseville Medical Center**  
Thursdays, April 25th - May 16th (4 weeks), 5:30pm - 7:00pm

### June

**Financial Wellbeing** Health is found in more places than your heart. It's also found in your wallet.

**Morse Hospital/Cottage Bldg.** June 5th, 12:00pm - 2:00pm  
**Roseville Medical Center** June 11th, 5:00pm - 7:00pm

### August

**Prediabetes** Learn how to help prevent or delay the onset of diabetes by eating well and exercising. Take control of your health!

**Roseville Medical Center**  
August 5th, 5:30pm - 7:00pm

### October

**Life Care Planning** Prepare for life's unexpected events, starting with choosing someone to speak on your behalf if you were ever unable to communicate yourself.

**Roseville Medical Center**  
October 2nd, 5:30pm - 7:30pm

**Living Heart Healthy** Learn how to manage your blood pressure and develop behaviors that limit your risk and improve your health.

**Point West MOB**  
October 7th, 5:30pm - 7:00pm

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