

Education Classes

Stress Reduction

Healthy Sleep

Healthy Habits

Healthy Eating

Building & Address	Room	Time	Uncontrolled stress can impact your health. Learn how to identify sources of stress, and ways to manage and reduce it.	Sleeping well is vital to good health, well-being, and job performance. Learn strategies to get the best night's sleep.	After choosing a behavior to target — from exercise to flossing — learn how to strengthen your motivation, and make changes that stick.	Fuel your body the right way. Learn the secrets to a healthy (and delicious) diet and smart choices for shopping, cooking, and dining out.
City Hall East 200 N. Main St. Los Angeles	12th Floor, Room 1200 A	12:00 p.m. - 1:00 p.m.	11/7/2017	12/5/2017		
Figuroa Plaza 221 N. Figuroa St. Los Angeles	5th Floor Conference Center Room	12:00 p.m. - 1:00 p.m.	11/8/2017	12/6/2017		
Public Works Building 1149 S. Broadway Los Angeles	Sub-Basement Room 7	12:00 p.m. - 1:00 p.m.	11/9/2017	12/7/2017		
Zoo 5333 Zoo Drive Los Angeles	Grand Room	12:00 p.m. - 1:00 p.m.			11/9/2017	11/28/2017
LAWA Skyview 6053 W Century Blvd Los Angeles	Room 211	10:30 a.m. - 11:30 a.m.			11/14/2017	12/12/2017
LAWA Admin West 7301 World Way West Los Angeles	Room 420	12:30 p.m. - 1:30 p.m.			11/14/2017	12/12/2017
Police Admin Building 100 W. 1st St. Los Angeles	Deaton Hall	12:00 p.m. - 1:00 p.m.			11/15/2017	12/13/2017
Personnel Building 520 E. Temple St. Los Angeles	Training Rooms A/B	12:00 p.m. - 1:00 p.m.			11/15/2017	12/14/2017
Hyperion Treatment 12000 Vista del Mar Playa del Rey	Multipurpose Room, Service Maintenance Facility	12:00 p.m. - 1:00 p.m.			11/30/2017	12/7/2017



Register at kp.org/wellnessevent, signup code LIVEwell