

Living healthier

(6 sessions)



No-cost program. Transportation available for Blue Shield of California Promise members.

Join us in this 6-session program to learn how to deal with and take care of diabetes, arthritis, heart conditions, and breathing problems. This class is for you if you have a long-term illness or take care of someone who does.

Join us:

Learn how to:

- Increase your self-confidence managing your condition
- Manage pain
- Eat well
- Solve challenges and set goals
- Handle stress and relax
- Feel better and take charge of your health

To register, call:

(562) 580-6077, 8:30 a.m. – 5 p.m., Monday - Friday

For more information, call Customer Care:

L.A. County Medi-Cal members **(800) 605-2556 (TTY: 711)**, 8 a.m. – 6 p.m., Monday – Friday

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Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association

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