

Adult weight management



No-cost program. Transportation available for Blue Shield TotalDual Plan (HMO D-SNP) members.

Join us for these two sessions to talk about nutrition, physical activity, making changes to your lifestyle, and setting goals. Learn how to control your weight and lower your risk for long-term medical conditions. There will be hands-on activities and interactive demonstrations.

To register, call:

(562) 580-6094, 8:30 a.m. – 5 p.m.,
Monday - Friday

For more information, call Customer Service:

(800) 452-4413 (TTY: 711), 8 a.m. – 8 p.m.,
seven days a week

Join us: