

Live and learn

Portland-area classes

Providence Health Plans wants you and your family to be healthy and to have the latest health-related information at your fingertips. We encourage you to attend our classes and special events. Discounts apply for health plan members and seniors.

Fitness classes

Stretch and get moving – enjoy yoga, Pilates, aqua fitness and cardio classes.

Health and wellness classes

Get healthier – attend classes in weight management, nutrition, smoking cessation and stress reduction.

Pregnancy and parenting classes

Get ready for the big event – take classes in childbirth, breastfeeding, sibling issues and parenting techniques.

Community educational events

Learn the latest in prevention and treatment – focusing on topics such as women's health, cancer, strokes, neurological diseases, nutrition and more.

For more information, visit
www.providence.org/classes.

