



Take A Positive Step Today

Classes are available to participants of the Motion Picture Industry Health Plan (MPIHP). If you reside outside the Los Angeles area, but plan to visit, you can still attend any of these classes.

HOW TO REGISTER FOR A CLASS:



To register online, please visit **The Wellness Program** page at www.mpiphp.org and select a class from the calendar. Please note that you must be logged in to register online.



Call **(800) 654-9355** and leave a message that includes your name, email address and phone number, and the title of the class you would like to attend.



Send an email to **Wellness@MPIHP.org** that includes your name and phone number, and the title of the class you would like to attend.

