



Give yourself a healthy boost

Take a convenient online class

Healthy Celebrations

Date: Tuesday, November 2, 2021 | **Time:** 12:00 PM to 1:00 PM

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3468343/6528146CDA95013D604C07DD04027CF0>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Good health is a big defense against holiday stress. Eating right and staying active will help you feel good and energized so you can enjoy the season. Join us to learn ideas and resources related to creating healthy menus, maintaining fitness, and addressing increased stress during holidays. You will be invited to create a realistic action plan, using personal strengths to thrive during the holidays.

For questions, contact: Employee Wellness at employeehealth@fultoncountyga.gov

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 320 Westlake Ave. N, Suite 100, Seattle, WA 98109

For more information kp.org

