



Give yourself a healthy boost

Take a convenient online class

Virtual Low Impact Fitness with Margaret

Date: Wednesdays, October 6th thru December 29th | **Time:** 5:30 PM to 6:30 PM

Join via computer or mobile device at:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2U2NTRIYtktZjU2NS00MGZkLThlODYtNWZmOT11ZjgyNDBI%40thread.v2/0?context=%7b%22Tid%22%3a%223f8a7bc4-e337-47a5-a0fc-0d512c0e05f1%22%2c%22Oid%22%3a%22fd80e0bf-e2c4-407e-8b7d-ada0f0e0de18%22%7d

Join Kaiser Permanente fitness instructor, Margaret Thomas, as she leads you through movement to increase cardio and improve strength and flexibility.

No registration required

For questions, contact: employeewellness@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

