



Give yourself a healthy boost

Take a convenient online class

Taking Care of Your Heart

Date: Tuesday, September 09, 2025 | **Time:** 12:00pm – 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/4968618/DF4F99F0822CCB2DB68ABD03D8DB03CE>

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

For support, [click here](#).

Description : Learn about heart disease, identify risk factors, and explore the Mediterranean and plant-based meal plans for heart health.

For questions, contact: employeeewellness@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

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