

Give yourself a healthy boost

Take a convenient online class

Thriving Through the Holidays

Date: Tuesday, December 01, 2026 | Time: 12:00 PM - 1:00 PM

Join via computer or mobile device at:
https://event.on24.com/wcc/r/5480285/2FC7A5968FE676359F9D83B51B73FD1C
Registration is now available and will remain open through the end of the event.

For support, click here.

Description : Explore ideas and resources to create healthy menus, maintain fitness, and address increased stress during the holidays.

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

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