

# Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering no-cost webinars for employers and their employees



A new year brings new inspiration! Join us for an empowering experience where you'll learn practical ways to strengthen and stretch right at your desk, take care of your heart, and build a positive relationship with your body.

## Workday Warrior: Desk Strengthen & Stretch Monday, January 26, 2026

*Noon to 1 PM Pacific Time*

Even on the busiest of days, you can still enjoy the benefits of strengthening exercises. Learn exercises that you can do at your desk or in your workspace to stretch your muscles, build strength, and reduce pain.

## Love Your Heart

**Monday, February 16, 2026**

*Noon to 1 PM Pacific Time*

The heart is your body's hardest-working muscle. Uncover the risk factors that impact heart health and can lead to heart disease. Explore Mediterranean and plant-based meal plans and consider simple ways to keep your heart strong.

## Celebrate You: Body Positivity for Every Body Monday, March 16, 2026

*Noon to 1 PM Pacific Time*

Go beyond diets and calorie counting. Discover how to build sustainable habits and cultivate a positive relationship with your body. Realistic strategies can help you feel balanced, confident and at ease in your own body.

**REGISTER TODAY**

