



Give yourself a healthy boost

Take a convenient online class

Taking Care of YourSELF – Sleep, Exercise, Love & Food

Date: Wednesday, September 30, 2026 | Time: 12:00 PM – 1:00 PM

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/5425105/95EFFA457B80A2091FEC22717F6254FD>

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

Description : Focus on four ways to improve SELF-care and learn how daily practice of simple strategies supports improved health and well-being.

For questions, contact: 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

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