



Give yourself a healthy boost

Take a convenient online class

Why Sleep Matters

Date: May 02, 2024 | **Time:** 12:00pm – 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/4547558/0EDE7551E30E3E324439EBAED99B4390>

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

For support, [click here](#).

Description: Get simple and effective tools to improve the ability to rest, relax and sleep.

For questions, contact: Jessica Houze, jessica.houze@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

 KAISER PERMANENTE®