

Activate Your Healthy Mind-Healthy Body

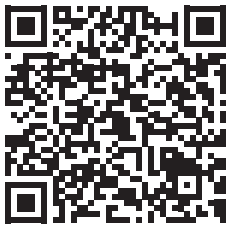
Online Webinar Series



YOU'RE INVITED!

Join our health education professionals to focus on your mind-body health.

Register by scanning the QR code with your smartphone camera. You'll then get an email with a link to join.



Can't make it live? Sessions are recorded and available on demand for 3 months.



Anyone can join!

- No cost.
- You don't need to be a Kaiser Permanente member.
- Open to the community, friends, family, coworkers, and everyone else.

Mondays, noon to 1 p.m. Pacific time

Body Harmony: Embrace and Thrive

January 27, 2025

Go beyond dieting and calorie counting. This webinar will focus on sustainable habits, mindful eating, and embracing a positive relationship with your body. You will also be invited to create a realistic action plan to embrace your body and thrive!

Keeping Your Heart Strong

February 24, 2025

This webinar will discuss the lifestyle factors that can affect heart health, including diet, exercise, alcohol, sleep, and stress, and it will highlight the Mediterranean and plant-based meal plans. You will be invited to create a realistic action plan using your personal strengths to help keep your heart healthy for life.

The Power of Food

March 24, 2025

Learning about the food you eat and how it affects your mind and body is an important step toward better health. Explore the most common truths and myths about eating well. Get tricks and tips for creating your own healthy-eating action plan, such as eating mindfully, creating a healthier plate, or making healthy snack choices.

Future workshop dates coming soon!