Kaiser Permanente is hosting a series of virtual learning sessions, “Here’s to Your Health”. Each 30-minute session will focus on how to optimize your personal health in the midst of COVID-19. Learning sessions will be held on Wednesdays beginning August 26, 2020 and ending November 18, 2020.

The events are offered at no cost and are open to anyone interested in learning about how to engage in healthy activities and learn about resources available.

Participants must register for the series here:

KPWA “Here’s to your Health” Webinar Series
(Ctrl + click to follow link)

If you have any questions about the webinar series, please contact, Jared Vail at jared.x.vail@kp.org

For additional information about Kaiser Permanente and wellness resources click here to learn more.