

# Here's to Your Health

You're invited to a virtual learning series with Kaiser Permanente



**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. Learning sessions will be held on Wednesdays, once a month.

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 each session, register today: ["Here's to Your Health" virtual learning series](#)**

## Maximizing Your Healthcare Visits

Wednesday, June 16, 2021  
12:30 p.m. – 1:00 p.m. PST

## Healthy Living: Managing Chronic Conditions and Creating Healthy Habits

Wednesday, July 21, 2021  
12:30 p.m. – 1:00 p.m. PST



If you have any questions about the webinar series, please contact, [KPWA.WFH@kp.org](mailto:KPWA.WFH@kp.org)

Learn more about [Kaiser Permanente](#) and wellness resources.