

# Coping with COVID-19 & Beyond Webinar\*

Addressing wellness during uncertainty



## Living with Uncertainty

Our schedule and daily lives have changed dramatically. The COVID-19 pandemic has potentially affected your mental, physical, and emotional health. It is especially important during this time to provide care for YOU. **This 1-hour webinar will focus specifically on ways to cope with this pandemic and tricks to build resilience during this time of uncertainty and change.**

## Registration

Webinars have limited capacity\* and you must register to receive the link to join. If a webinar is full you can join a waitlist or choose a different date/time. A confirmation and reminder email will be sent prior to your scheduled webinar with the link to join.

**To register go to:**

<https://wellness-event.kaiserpermanente.org/signup/covidwebinars>

## Webinar Dates – Pacific Time

**subject to change, check registration site for most current**

**6/9, 12-1**

**6/15, 12-1**

**6/18, 12-1**

**6/30, 12-1**

**6/10, 12-1**

**6/16, 12-1**

**6/23, 12-1**

**7/1, 12-1**

**6/11, 12-1**

**6/17, 12-1**

**6/25, 12-1**

**7/2, 12-1**

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., 601 Union St., Suite 3100, Seattle, WA 98101

\*500 maximum participants  
due to technical constraints

