

# 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 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](mailto:jared.x.vail@kp.org)

For additional information about Kaiser Permanente and wellness resources [click here](#) to learn more.

## **Musculoskeletal Health**

Wednesday,  
August 26, 2020  
12:30 p.m. – 1:00 p.m. PST

## **Staying Safe During Flu Season**

Wednesday,  
September 16, 2020  
12:30 p.m. – 1:00 p.m. PST

## **Mental Health and Wellness**

Wednesday,  
October 14, 2020  
12:30 p.m. – 1:00 p.m. PST

## **Gratitude and Community Connection**

Wednesday,  
November 18, 2020  
12:30 p.m. – 1:00 p.m. PST