



# 2023-2024 Webinar Schedule

California Schools JPA in partnership with Kaiser Permanente will be offering nine webinars from September 2023 - May 2024 covering the following topics: nutrition, physical activity, preventative care, and other ways to create healthy habits.

## Preparing Healthy Meals & Dining Out

**Thursday, September 07, 2023, 3:30 PM – 4:30 PM PDT**

Learn practical tips, identify healthier options, and discover the health benefits of making the healthy choice the easy choice.

## The Keys to Preventing Diabetes

**Thursday, October 19, 2023, 3:00 PM – 4:00 PM PDT**

Learn about the five keys to preventing diabetes: eating healthy, getting active, quitting tobacco, managing stress, and sleeping well.

## Healthy Celebrations

**Thursday, November 09, 2023, 3:30 PM – 4:30 PM PST**

Explore ideas and resources related to creating healthy menus, maintaining fitness, and addressing increased stress during holidays.

## Strengthen and Stretch at Your Desk

**Thursday, December 07, 2023, 11:30 AM – Noon PST**

Learn exercises that you can do at your desk or in your workspace to stretch your muscles, build strength, and reduce pain.

## Refresh Renew Repair Yoga

**Thursday, January 11, 2024, 11:30 AM - Noon PST**

Utilize your desk or workspace to practice restorative yoga to stretch and lengthen the spine and body, increase blood flow, and release tension.

## Taking Care of Your Heart

**Thursday, February 01, 2024, 3:00 PM – 4:00 PM PST**

The heart is the hardest working muscle in the body. Learn about heart disease and identify associated risk factors.

## Dietary Approaches to Stopping Hypertension (DASH Meal Plan)

**Thursday, March 07, 2024, 3:30 PM – 4:30 PM PST**

Learn about high blood pressure, ways to decrease salt and identify heart healthy foods.

## Men's Health

**Thursday, April 18, 2024, 3:00 PM – 4:00 PM PDT**

Explore what makes men's health unique, identify strategies to maintain up to date screenings and discover self-care tools.

## Women's Health

**Thursday, May 02, 2024, 3:30 PM – 4:30 PM PDT**

Explore preventative steps that women can take to enjoy good health. Risk factors and screening recommendations specific to women will be reviewed.

## Register Today!

Use this link to conveniently register for all 2023-2024 webinars:

<https://event.on24.com/wcc/r/4156467/B831D8E74921CA6691FFBCBC49201464/2778672>

Registration is now available and will remain open through the end of the program.



California Schools JPA<sup>SM</sup>

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