

Give yourself a healthy boost

Take a convenient online class

Managing Stress

Date: September 18, 2024 | Time: 12:00pm - 1:00pm

Join via computer or mobile device at:

https://event.on24.com/wcc/r/4678260/E43473B8B4880C4FF79BB4F0C032564C Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Uncontrolled stress can impact health and job performance. In this workshop, participants will identify their sources of stress, its effects on the mind and body, and how constantly activating the "fight or flight" response can lead to burnout



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Taking Care of YourSELF

Date: October 23, 2024 | Time: 12:00pm - 1:00pm

Join via computer or mobile device at:

https://event.on24.com/wcc/r/4678264/0A97F2BFF86DF209834F15635B5B288E Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Focus on four ways to improve SELF-care, and learn how daily practice of simple strategies supports improved health and wellbeing.



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Food and Mood

Date: November 20, 2024 | Time: 12:00pm - 1:00pm

Join via computer or mobile device at: https://event.on24.com/wcc/r/4678273/1930281BF26432774890F515B83E7420 Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Learn to tune in to the body and mind and identify self-care practices to bring balance to eating and mood.

FCS C.A.R.E.S Wellness Wednesday 2024 - 2025 Calendar



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Healthy Celebrations

Date: December 18, 2024 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at: https://event.on24.com/wcc/r/4678276/584965C74D0E5F6F9D0CEF39E2C414A2 Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Explore ideas and resources to create healthy menus, maintain fitness, and address increased stress during holidays.



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Ready, Set, Goal: Creating Healthy Habits

Date: January 15, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at: https://event.on/24.com/wcc/r/4678286/F8634C02ADAD184507842B2532039758 Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Changing an unhealthy habit to a healthy one can be challenging. In today's webinar you will choose a behavior you want to target and explore ways to strengthen your motivation to create habits that stick. You will be invited to create a realistic action plan, using your personal strengths to improve your overall well being.



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Find Your Joy

Date: February 19, 2025 | Time: 12:00pm – 1:00pm

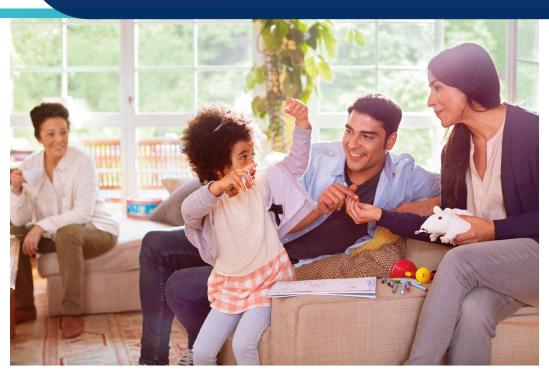
Join via computer or mobile device at:

https://event.on24.com/wcc/r/4678295/4D5221569B115AA9E84D41B9991BAEC1 Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Discover how positive psychology and practical strategies can nurture your own happiness. You will learn concepts and evidence-based practices such as kindness, empathy, gratitude, and awe that foster social and emotional well-being. You will also be invited to create a realistic action plan to cultivate joy.

Register to get access to recordings. Webinar session 12pm - 1pm



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Cultivating Mindfulness

Date: March 19, 2025 | Time: 12:00pm – 1:00pm

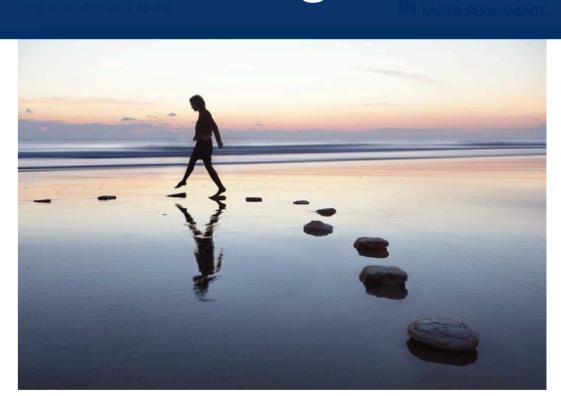
Join via computer or mobile device at: https://event.on/24.com/wcc/r/4678305/ABCA5D6BBE37755459101483A5E79978 Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Practice mindfulness activities while exploring the definition of mindfulness, benefits of being in the present moment, and how to build awareness.

For questions, contact: Office of District Health Services (470) 254-2171

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • 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 Options, Inc., 320 Westlake Ave. N, Suite 100, Seattle, WA 98109



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Finding More Margin in Your Day

Date: April 16, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:
https://event.on24.com/wcc/r/4678309/FE88A19276C0D4F6675D9016DC02676D
Registration is now available and will remain open through the end of the event.

For support, <u>click here.</u>

Description: Get tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into their day.

For questions, contact: Office of District Health Services (470) 254-2171

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Sun Safety

Date: May 14, 2025 | Time: 12:00pm – 1:00pm

Join via computer or mobile device at:

https://event.on24.com/wcc/r/4678314/0E851A9003E0C3150535760799B99793
Registration is now available and will remain open through the end of the event.

For support, click here.

Description: Learn about ultraviolet rays, preventing sun damage, the signs of heat-related illness, and ways to cool down.

For questions, contact: Office of District Health Services (470) 254-2171

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • 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 Options, Inc., 320 Westlake Ave. N, Suite 100, Seattle, WA 98109