



Mental Health & Wellness Resources



Virtual Classes

You can register online by selecting the multi-registration site link below. All virtual classes are available at no cost to the KP community (members, non-members, employees, and physicians). All classes are delivered in Pacific Time (PDT).

To register, scan the above QR Code or visit <https://webinars.on24.com/fehbp/Classes>



Self-Care Resources

A series of informational videos and supportive resources providing self care tools to enhance the quality of your daily life.

Scan the above QR Code or visit the Mental Health & Wellness website: <https://kp.li/3JImS1I> for more information.



Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering no-cost webinars for employers and their employees throughout 2025.

Join us for an exciting and informative journey towards better health and well-being with our no-cost webinar series. Each session is designed to provide you with valuable insights, practical tips, and actionable steps on a variety of health topics. Whether you're looking to manage your weight, improve your heart health, or find calm in the chaos, we've got you covered!

All webinars will be held from Noon to 1 PM Pacific Time.

Body Harmony: Embrace and Thrive

Monday, January, 27 2025 - Available On-Demand

Keeping Your Heart Strong

Monday, February 24, 2025

The Power of Food

Monday, March 24, 2025

Staying Healthy as a Family

Monday, April 21, 2025

Finding Calm in the Chaos: Skills for Everyday Life

Monday, May 19, 2025

The Men's Health Playbook: Tips for a Healthier Life

Monday, June 23, 2025

Mini Moves

Monday, July 7, 2025

Activate Series Cardio Boost

Monday, July 28, 2025

Grocery Savvy: Mastering Smart Shopping & Label Reading

Monday, August 25, 2025

Renew & Recharge: Navigating Burnout

Monday, September 29, 2025

Empowered Health: A Focus on Women's Wellbeing

Monday, October 27, 2025

Eat with Intention: Discovering Mindful Eating Practices

Monday, November 17, 2025

Goodnight, You!

Monday, December 15, 2025



[REGISTER TODAY](#)