

# 2023 THRIVE THURSDAY WEBINAR SERIES

Open to all Kaiser & Non-Kaiser Members

\*Webinars will be recorded & available for 90 days



Health and well-being are more than the absence of illness. Physical, mental, and spiritual health is important to be the best we can be each day.

Join us as we mindfully practice strategies to achieve balance and improve our well-being.

To register for these dates and times, click the link and choose one or more of the webcasts.

[Thrive Thursday Webinar Series](#)



Webinar Presentations  
12:00 PM to 1:00 PM

March 16<sup>th</sup>  
Taking Care of YourSELF

April 20<sup>th</sup>  
Food and Mood

May 18<sup>th</sup>  
Fitness Your Way

June 15<sup>th</sup>  
Find Your Healthy Pace Moving  
From Burnout to Brilliance

July 13<sup>th</sup>  
Skin Cancer and Heat  
Awareness

August 17<sup>th</sup>  
Smart Grocery Shopping &  
Label Reading

September 14<sup>th</sup>  
Men's Health

October 19<sup>th</sup>  
Women's Health

November 9<sup>th</sup>  
Think Before You Drink: Alcohol  
Awareness

December 7<sup>th</sup>  
Finding More Margin