

Give yourself a healthy boost

Take a convenient online class



SCAN ME

LAUGHTER IS THE BEST MEDICINE - May 19th, 2022 – Time: 1:00pm – 2:15pm

<https://us02web.zoom.us/j/87941774327> Meeting ID: 879 4177 4327

Do you often feel bogged down? Stressed? Remember when we were kids and there was a time every day just to play together and have fun? Put down your pen; get up from your computer and discover once again the de-stressing value of laughter and play.



SCAN ME

MEN'S HEALTH - June 14th, 2022 – Time: 2:00pm – 3:00pm

<https://event.on24.com/wcc/r/3733864/5DDFAE13964A8DCA9E19AEC7F6EE7C2A>

Preventative care includes simple but important choices every man can make for himself and his family to live a longer and healthier life. In today's webinar, you will explore what makes men's health unique, identify strategies to maintain up-to-date screenings, and discover self-care tools. You will be invited to create a realistic action plan that will help you take positive steps towards taking control of your health.

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

For more information kp.org

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WORKING WITH YOUR HEALTHCARE PROVIDER – July 12th, 2022 – Time: 2:00pm – 3:00pm

<https://event.on24.com/wcc/r/3733866/3FE15690C7AB7EA4D6579089DA98631E>

SCAN ME

Navigating health care can feel overwhelming at times. In today's webinar, you will learn about different healthcare providers, how to find a healthcare team you trust and how to make the most out of your appointments. You will also be invited to create a realistic action plan that will help you take positive steps towards building a trusted health care team.



WOMEN'S HEALTH - October 19th, 2022 – Time: 10:00am-11:00am

<https://event.on24.com/wcc/r/3734927/1888B6C76869BB5A0CDBECB5864E72BB>

SCAN ME

Preventative care includes simple but important choices every woman can make for herself and her family to live a longer and healthier life. In today's webinar, you will explore preventative steps that women can take to enjoy good health. Risk factors and screening recommendations specific to women will be reviewed. You will be invited to create a realistic action plan that will help you take positive steps towards taking control of your health.

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