

# Healthy Living Webinars

For All That Is You



You're invited to take time for yourself and consider ways to live a bit healthier. If you can't join us live, register and watch a recording later that month. We'll send you a reminder!



## When

**Mondays at 6:00 p.m.**

Join 1 or all sessions.

This series is available at no cost to Kaiser Permanente members and nonmembers for a limited time.

Dates	Topics
January 23	Ready, Set, Goal Building Healthy Habits
February 27	Healthy Heart
March 27	Eat Well Live Well
April 24	Stress Less
May 22	Cultivating Mindfulness
June 26	Family Health



## Register

Use this [link](#) or scan below:

