



Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering no-cost webinars for employers and their employees throughout 2024.

Join us for this no-cost webinar series— where mind and body unite for a healthier, happier you! From building better habits to cultivating joy, each monthly session offers practical insights and actionable steps to enhance your physical, mental, and emotional health. Discover the power of food, master healthy eating habits, and prioritize self-care with expert guidance tailored to your busy lifestyle.

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

The Power of Food

Monday, March 25, 2024

Learn tricks and tips for creating your own healthy eating action plan such as eating mindfully, creating a healthier plate, or making healthy snack choices.

Mini Moves - Snack Size Fitness for Busy Lives

Monday, August 26, 2024

Learn strategies to fit movement into the day and creative ways to move more for better health.

Mood-Food Connection

Monday, April 29, 2024

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

Mindful Compassion: Nurturing Inner Peace and Kindness

Monday, September 30, 2024

Discover practical techniques to cultivate inner peace, reduce stress, and foster a greater sense of empathy and compassion in your daily life.

Healthy Eating at Home and on the Go

Monday, May 20, 2024

Get practical tips and identify healthier options when creating weekly meal plans and dining out

Healthy Connections: Exploring the Impact of Relationships on Well-being

Monday, October 21, 2024

Explore how social isolation is connected to increased risk of chronic health conditions, and learn how connection, sharing, listening, and being of service can help.

Self-Care Strategies for a Healthier Life

Monday, June 24, 2024

Focus on four ways to improve Self-Care: Sleep, Exercise, Love and Food.

Thriving Through the Holidays

Monday, November 18, 2024

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

Goodnight You!

Monday, July 29, 2024

Get simple and effective tools to improve your ability to rest, relax and sleep.

Joyful Living: Exploring the Science of Happiness

Monday, December 16, 2024

Positive psychology and practical strategies can nurture happiness. Explore practices to foster your well-being such as kindness, empathy, gratitude, and awe.

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