

# Activate Your Healthy Mind—Healthy Body

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



Spring into wellness! Join us to create a healthier you and lasting habits. Make sustainable changes, keep yourself and your family healthy, and explore men's health. Nourish your body, empower your life, and make this season the start of a healthier you! Sign up today!

## Staying Healthy as a Family

Monday, April 21, 2025

Noon to 1 PM Pacific Daylight Time

As we progress through different stages of life, we discover that health needs change. In this webinar, you will navigate common health concerns, review screenings, and identify strategies to keep every member of your family healthy.

You will learn ways to keep health on your mind and practice self-care. You will also be invited to create a realistic action plan to keep your family healthy.

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## Finding Calm in the Chaos: Skills for Everyday Life

Monday, May 19, 2025

Noon to 1 PM Pacific Daylight Time

Uncontrolled stress can impact health and job performance. This webinar invites you to identify sources of stress, its effects on the mind and body, and how constantly activating the “fight or flight” response can lead to burnout and health problems. You will learn strategies to build resilience and you will be invited to create a personal stress reducing action plan to build healthy coping habits.

## The Men's Health Playbook:

### Tips for a Healthier Life

Monday, June 23, 2025

Noon to 1 PM Pacific Daylight Time

Preventative care includes simple but important choices every man can make for himself and his family to live a longer and healthier life. In this 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.

[REGISTER TODAY](#)

