



# Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering no-cost webinars for employers and their employees throughout 2025.

Join us for an exciting and informative journey towards better health and well-being with our no-cost webinar series. Each session is designed to provide you with valuable insights, practical tips, and actionable steps on a variety of health topics. Whether you're looking to manage your weight, improve your heart health, or find calm in the chaos, we've got you covered!

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

## **Body Harmony: Embrace and Thrive**

Monday, January, 27 2025 - Available On-Demand

## **Keeping Your Heart Strong**

Monday, February 24, 2025 - Available On-Demand

## **The Power of Food**

Monday, March 24, 2025 - Available On-Demand

## **Staying Healthy as a Family**

Monday, April 21, 2025

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

Monday, May 19, 2025

## **The Men's Health Playbook: Tips for a Healthier Life**

Monday, June 23, 2025

## **Mini Moves**

Monday, July 7, 2025

## **Activate Series Cardio Boost**

Monday, July 28, 2025

## **Grocery Savvy: Mastering Smart Shopping & Label Reading**

Monday, August 25, 2025

## **Renew & Recharge: Navigating Burnout**

Monday, September 29, 2025

## **Empowered Health: A Focus on Women's Wellbeing**

Monday, October 27, 2025

## **Eat with Intention: Discovering Mindful Eating Practices**

Monday, November 17, 2025

## **Goodnight, You!**

Monday, December 15, 2025



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