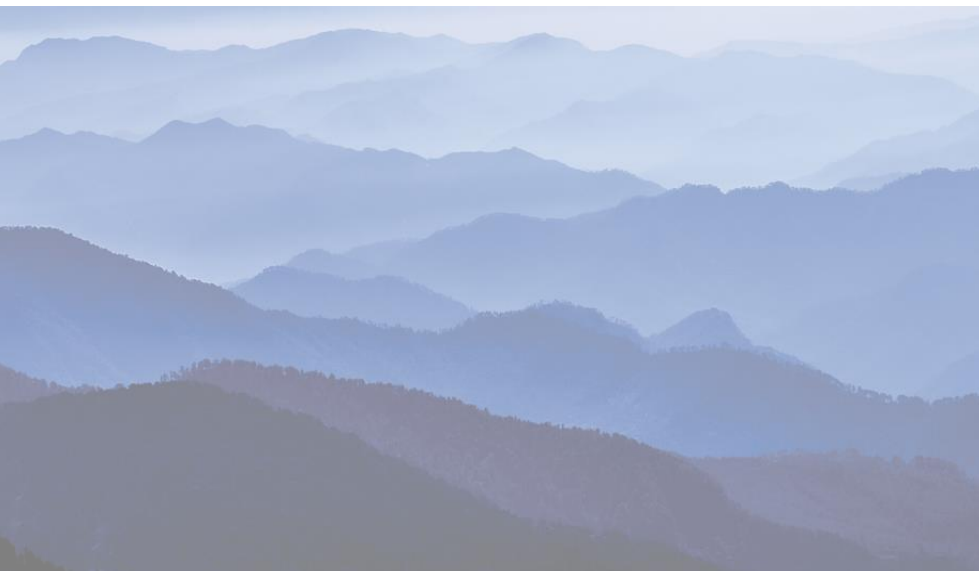


Kaiser Permanente Health Talks



Kaiser Permanente is dedicated to providing high-quality, affordable health care services and improving the health of our members and the communities we serve.

That's why we're bringing our providers to you through a series of virtual health talks. The health talks include a presentation by providers who are experts in their field followed by Q&A. These events are free. Separate registrations will be available for each talk; watch for details*.

Flyers, Registration and
Recordings

www.kp.org/healthtalks



SCAN ME

**4TH THURSDAYS
JANUARY - OCTOBER
12:30 - 1:30 PM (PST)**

2025 TOPICS

January

Stress Reduction, Resiliency and
Communication

February

Protective Power of Food

March

Back Issues: Pain to Progress

April

Reducing Screen Time and
Rebuilding Social Connections

May

Midlife: Embracing Change

June

Childhood Obesity:
Growing Stronger Together

July

Men's Health

August

Chronic Pain Management

September

Understanding ADHD

October

Journey to Parenthood:
Pregnancy to Baby

*Topics subject to change