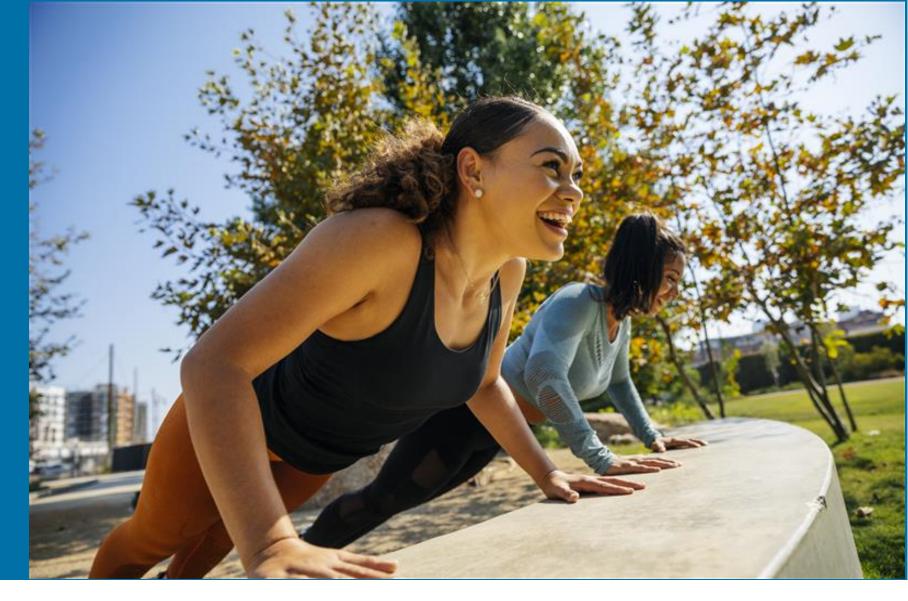
## Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering no-cost webinars for employers and their employees throughout 2026.



Join us for an exciting and informative journey towards 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. Explore the topics below and choose the sessions that interest you—or join them all for the full experience!

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

Workday Warrior: Desk Strengthen & Stretch

Monday, January, 26, 2026

Love Your Heart Monday, February 16, 2026

Celebrate You: Body Positivity for Every Body *Monday, March 16, 2026* 

**Cultivating Compassion** 

Monday, April 20, 2026

Connecting with Creativity to Improve Your Mental Wellbeing *Monday, May 18, 2026* 

**Anti-Inflammatory Lifestyle for a Healthy Body & Brain** *Monday, June 15, 2026* 

Snack Attack! Monday, July 20, 2026

Back to School, Back to Basics Monday, August 17, 2026

Functional Fitness: Active at Every Age Monday, September 21, 2026

Care for the Caregiver Monday, October 19, 2026

The Healthy Holiday Mix: Sleep, Exercise, Love & Food Monday, November 16, 2026

Cozy Up: Discover the Magic of Hygge Monday, December 14, 2026





