

Stress Management Webinars

Join our series of 60-minute online workshops to learn self-care tools from experienced facilitators to help manage stress.



When

Wednesdays at 5:30 p.m., Pacific Time Zone

Join 1 or all sessions.

This series is available at no cost to Kaiser Permanente members and nonmembers for a limited time.

2021 Dates	Topics
November 3	Taking Care of YourSELF: Sleep, Exercise, Love, Food
November 10	Managing Stress
November 17	Building Resiliency



Register

Use this [link](#) or scan below:

