

# 2024 THRIVE THURSDAY WEBINARS

Open to all Kaiser & Non-Kaiser Members

\*Webinars will be recorded & available for 90 days



Health and well-being are more than the absence of illness. Physical, mental, and spiritual health is important to be the best we can be each day.

Join us as we mindfully practice strategies to achieve balance and improve our well-being.

To register for these dates and times, click the link and choose one or more of the webcasts.

[Thrive Thursday Webinar Series](#)



Webinar Presentations  
12:00 PM to 1:00 PM

January 18<sup>th</sup>  
Managing Your Weight

February 15<sup>th</sup>  
Taking Care of Your Heart

March 14<sup>th</sup>  
Refresh, Renew, Repair Yoga

April 18<sup>th</sup>  
Intergenerational Caregiving

May 16<sup>th</sup>  
Emotional Well-Being

June 13<sup>th</sup>  
Men's Health

July 11<sup>th</sup>  
Sun Safety

August 15<sup>th</sup>  
Moving from Burnout to Brilliance

September 12<sup>th</sup>  
Why Sleep Matters

October 17<sup>th</sup>  
Women's Health

November 14<sup>th</sup>  
The Keys to Preventing Diabetes

December 5<sup>th</sup>  
Healthy Celebrations