

## 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.

Beginning April 20th

Check schedule online. Join 1 or all sessions.

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

### Topics

Taking Care of YourSELF: Sleep,  
Exercise, Love, Food

Managing Stress

Building Resiliency

Cultivating Mindfulness



### Register

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

