

# 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
December 1	Taking Care of YourSELF: Sleep, Exercise, Love, Food
December 8	Managing Stress
December 15	Building Resiliency



## Register

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

