

# Kaiser Permanente

## Health Talks



Kaiser Permanente is dedicated to providing high-quality, affordable health care services and improving the health of our members and the communities we serve.

That's why we're bringing our providers to you through a series of virtual health talks. The health talks include a presentation by providers who are experts in their field followed by Q&A. These events are free.

Separate registrations will be available for each talk; check back on our website for details\*.

\* Flyers, Registration and Recordings can be found at:

<http://www.kp.org/healthtalks>



**4TH THURSDAYS**  
**JANUARY - OCTOBER**  
**12:30 - 1:30 PM (PST)**

### 2026 TOPICS

**January 22, 2026**  
Ergo Hacks for Your Neck,  
Shoulders & Wrists

**February 26, 2026**  
Be Heart Smart:  
Millennials to Baby Boomers

**March 26, 2026**  
Thrive Kids:  
Your Parenting Game Plan

**April 23, 2026**  
Wellness Unfiltered.  
Hype or Health?

**May 28, 2026**  
Glow Up: Secrets to Radiant  
Skin, Lush Hair & Cosmetic  
Confidence

**June 25, 2026**  
Reproductive Health for  
Women

**July 23, 2026**  
Self-Care Across Your  
Lifespan

**August 27, 2026**  
Back-To-School Tips & Tools

**September 24, 2026**  
Power of Social Connections

**October 22, 2026**  
Revolutionizing Healthcare  
with Kaiser Permanente