

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