

Kaiser Permanente Health Talks

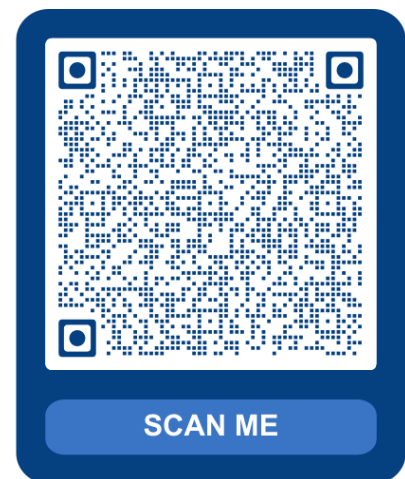


Reducing Screen Time & Rebuilding Social Connections

Learn all about the health impacts of screen time from our Kaiser Permanente licensed mental health professionals. This session will cover:

- Why we use screens so much.
- The pros, cons, and health impacts of screen time.
- The importance of social connections.
- Ways to rebuild social connections.

Date: Thursday, April 24, 2025
Time: 12:30 – 1:30 pm PST
Location: Microsoft Teams
Register: QR Code or [click here](#)



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.