

Kaiser Permanente Health Talks

Be Heart Smart: Millennials to Baby Boomers

For our February 2026 Health Talk, learn from a Kaiser Permanente Cardiologist about the benefits of keeping your heart healthy at any age!

Presenter: **Seema Pursnani, MD, MPH, FACC**

Board certified Cardiologist with expertise in Cardiac Imaging, Lipidology, and Lifestyle Medicine

- Learn about the causes of heart disease.
- Understand blood pressure and cholesterol numbers from your doctor's office.
- Recognize age and gender-specific heart attack symptoms.
- Be empowered to prevent heart disease at every stage of life!

Date: Thursday, February 26, 2026

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.