

Thrive Kids: Your Parenting Game Plan

For our March event, parents of elementary school-age kids will be empowered with tools for their parenting “game plan.”

In this Health Talk, **Dr. Charles Owyang**, Kaiser Permanente Pediatrician, will cover the following aspects of child health and wellness to help kids thrive:

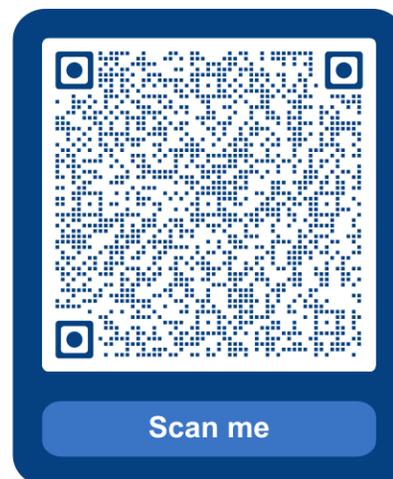
- Healthy eating and fitness
- Education and extracurriculars
- Social-emotional skills

Date: Thursday, March 19, 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.