

# Kaiser Permanente Health Talks



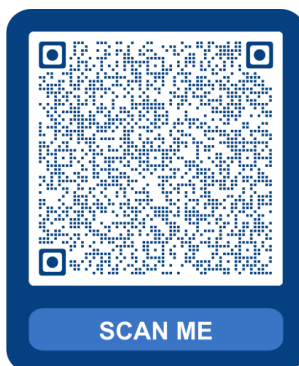
Kaiser Permanente is dedicated to providing high-quality, affordable health care services and improving the health of our members and the communities we serve.

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>



**MONTHLY, 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 19, 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

**\*\*DATE CHANGE\*\***

**June 18, 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