

Aging Well

WEBINAR SERIES



In this no-cost webinar series, learn tips to help you feel better, stay on top of your physical health, and take care of your mental wellbeing as you grow older.

Healthy Aging (Tuesday, September 9th)

Explore aspects of lifelong healthy living including physical activity, healthy eating, and recommended screenings.

Find Your Balance (Tuesday, September 16th)

Review the benefits of staying active to improve strength, balance, and coordination, and learn tips to prevent falls.

Balance and Core Demo (Tuesday, September 23rd)

Learn simple, effective drills to help improve your balance and strengthen your core. No equipment needed!

Self-Care for Caregivers (Tuesday, September 30th)

Explore resources available to help with caregiving and learn ways to take care of yourself, while caring for others.

Click [HERE](#) or scan below to register



Sessions are from 12-1pm ET. Participation in all 4 classes is encouraged but not required. You do not need to be a Kaiser Permanente member to participate.

For more information, email KP-MA-WorkforceHealth@kp.org

