

Stay healthy with Well-Being Wednesdays

Well-Being Wednesdays are monthly, no-cost classes designed to help you build your overall physical and emotional health.



Chronic Conditions

Learn how to manage and reduce your risk for high blood pressure, cholesterol, diabetes, and obesity.

The Power of Gratitude

Discover how practicing gratitude can help you relieve stress and increase happiness in your life.

Sleep Awareness

Find out why sleep is important for your physical and mental health, and learn tips for getting a good night's sleep.

Chronic Conditions

Wednesday, April 23

The Power of Gratitude

Wednesday, May 28

Sleep Awareness

Wednesday, June 18

REGISTER TODAY

bit.ly/3Z9Mr3w



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