

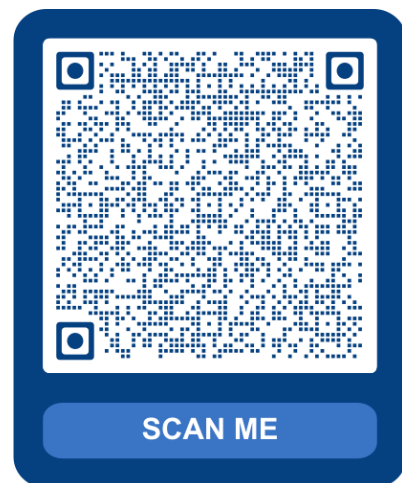
Kaiser Permanente Health Talks

Back Issues: From Pain to Progress

For the month of March, learn how to keep your back healthy with Kaiser Permanente physical therapist, **Karla Nubling!** In this session, you will:

- Learn about types of back pain and options for relief.
- Discover tools available for your body's recovery.
- Explore methods to improve your back pain.
- Develop a plan to move from pain to progress.

Date: Thursday, March 27, 2025
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.