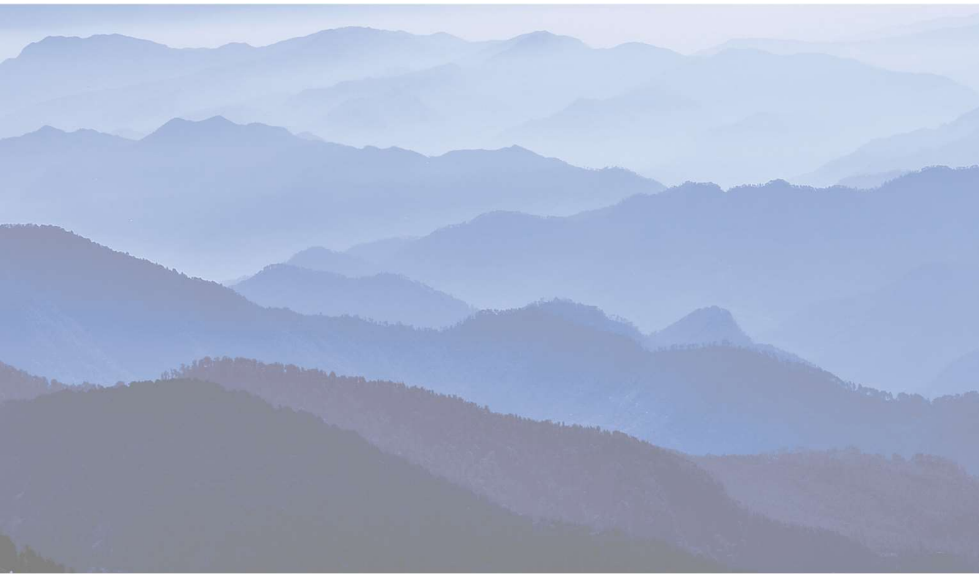


# Kaiser Permanente Health Talks



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; watch for details\*.

Flyers, Registration and  
Recordings

[www.kp.org/healthtalks](http://www.kp.org/healthtalks)



**4TH THURSDAYS  
JANUARY - OCTOBER  
12:30 - 1:30 PM (PST)**

## 2025 TOPICS

**January 23, 2025**  
Stress Reduction, Resiliency and  
Communication

**February 27, 2025**  
Protective Power of Food

**March 27, 2025**  
Back Issues: Pain to Progress

**April 24, 2025**  
Reducing Screen Time and  
Rebuilding Social Connections

**May 22, 2025**  
Midlife: Embracing Change

**June 26, 2025**  
Childhood Obesity:  
Growing Stronger Together

**July 24, 2025**  
Men's Health

**August 28, 2025**  
Chronic Pain Management

**September 25, 2025**  
Understanding ADHD

**October 23, 2025**  
Journey to Parenthood:  
Pregnancy to Baby

\*Topics subject to change