

Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering a series of no-cost webinars for employees throughout 2026.



Join us for an exciting and informative journey towards well-being with our no-cost webinar series. Each session is designed to provide you with valuable insights, practical tips, and actionable steps on a variety of health topics. Explore the topics below and choose the sessions that interest you—or join them all for the full experience!

All webinars will be held from Noon to 1 PM Pacific Time.

Workday Warrior: Desk Strengthen & Stretch

Monday, January 26, 2026

Love Your Heart

Monday, February 16, 2026

Celebrate You: Body Positivity for Every Body

Monday, March 16, 2026

Cultivating Compassion

Monday, April 20, 2026

Connecting with Creativity to Improve Your Mental Wellbeing

Monday, May 18, 2026

Anti-Inflammatory Lifestyle for a Healthy Body & Brain

Monday, June 15, 2026

Snack Attack!

Monday, July 20, 2026

Back to School, Back to Basics

Monday, August 17, 2026

Functional Fitness: Active at Every Age

Monday, September 21, 2026

Care for the Caregiver

Monday, October 19, 2026

The Healthy Holiday Mix: Sleep, Exercise, Love & Food

Monday, November 16, 2026

Cozy Up: Discover the Magic of Hygge

Monday, December 14, 2026



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