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; check back on our website for details*.

* Flyers, Registration and Recordings can be found at:

http://www.kp.org/healthtalks

SCAN ME

MONTHLY, THURSDAYS JANUARY - OCTOBER 12:30 - 1:30 PM (PST)

2026 TOPICS

January 22, 2026
Ergo Hacks for Your Neck, Shoulders & Wrists

February 26, 2026
Be Heart Smart: Millennials to Baby Boomers

March 19,2026
Thrive Kids: Your Parenting Game Plan

April 23, 2026
Wellness Unfiltered. Hype or Health?

May 28, 2026
Glow Up: Secrets to Radiant Skin, Lush Hair & Cosmetic Confidence

****DATE CHANGE****
June 18, 2026
Reproductive Health for Women

July 23, 2026
Self-Care Across Your Lifespan

August 27, 2026
Back-To-School Tips & Tools

September 24, 2026
Power of Social Connections

October 22, 2026
Revolutionizing Healthcare with Kaiser Permanente

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