

# Stress Management Webinars

Join our series of 60-minute online workshops to learn self-care tools from experienced facilitators to help manage stress.



## When

**Second Monday of the month at 6:00 pm.**

Join 1 or all sessions.

This series is available at no cost to Kaiser Permanente members and nonmembers for a limited time.

2022 Dates	Topics
October 10	Healthy Celebrations
November 14	Give Yourself the Gift of a Good Night's Sleep
December 12	Find Your Joy



## Register

Use this [link](#) or scan below:

