

2025 THRIVE THURSDAY WEBINARS

Open to all Kaiser & Non-Kaiser Members

*Webinars will be recorded & available for 90 days



Health and well-being are more than the absence of illness. Physical, mental, and spiritual health is important to be the best we can be each day.

Join us as we mindfully practice strategies to achieve balance and improve our well-being.

To register for these dates and times, click the link and choose one or more of the webcasts.

“A healthy outside starts from the inside” - Robert Urich

[Thrive Thursday Webinar Series](#)



Webinar Presentations

12:00 PM to 1:00 PM

January 16th
Taking Care of YourSELF

February 20th
Dietary Approaches to Stopping Hypertension (DASH Meal Plan)

March 20th
Tai Chi Flow

April 17th
Managing Stress

May 15th
Emotional Well-Being

June 19th
Food and Mood

July 17th
Cultivating Mindfulness

August 21st
Eat Well Live Well

September 18th
Strengthen and Stretch at Your Desk

October 16th
Healthy Mom, Healthy Baby

November 20th
The Power of Social Connections and Your Health

December 18th
Find Your Joy