



Take a convenient webinar.

Support Your Health with Healthy Lifestyle Habits

9/25: Taking Care of Your Heart

10/2: Dietary Approaches to Stopping Hypertension

10/9: The Keys to Preventing Diabetes

Time: 3-4pm PDT

Click [here](#) to register or scan the QR Code.

Registration is now available and will remain open through the end of the event.

For support, click [here](#).



Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101