

Kaiser Permanente Health Talks

More Than Words: Couples Communication



Join **Alicia Okoh, MSW, MPH** and learn about

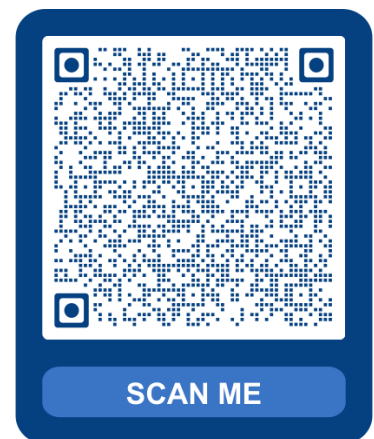
- Strategies on how to improve non-verbal & verbal communication
- How to improve listening and validating skills
- Education and guidance on how to implement problem solving skills and strategies

Date: Thursday, February 22, 2024

Time: 12:30 – 1:30 PM

Location: Microsoft Teams

Register: QR Code or [click here](#)



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.