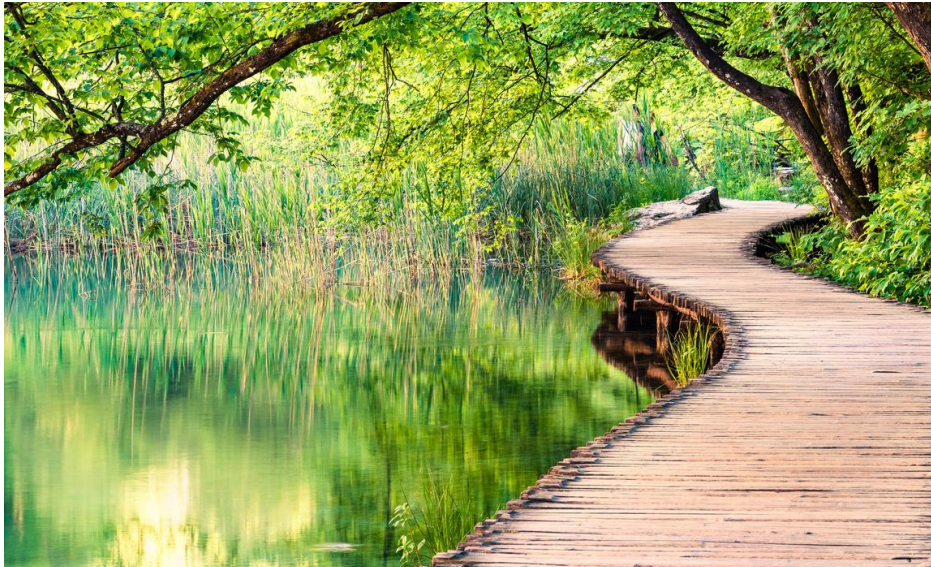


# KAISER PERMANENTE HEALTH TALKS



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; watch for details\*.

Flyers and Recordings

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/santaclara/health-resources/kp-health-talks/>



**4TH THURSDAYS  
JANUARY - OCTOBER  
12:30 - 1:30 PM**

## 2024 TOPICS

January 25

Beyond the Shot - Weight Management Tools

February 22

More Than Words: Couples Communication

March 28

Allergies

April 25

Bone Health

May 23

Stroke Prevention

June 27

Diabetes

July 25

Dementia

August 22

Adverse Childhood Events (ACEs)

September 26

Flu, Covid, RSV & Vaccines

October 24

Anxiety in Children & Teens

\*Topics subject to change