

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.

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

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

2023 TOPICS

January 26
Food & Activity for a Healthy You

February 23
Mental Health/Anxiety Across the Lifespan

March 23
Snoring and Sleep Apnea

April 27
Gender Affirming Care

May 25
Headaches and Migraines

June 22
Back Pain

July 27
Autism

August 24
Managing High Blood Pressure

September 28
Emergency Preparedness: Smoke, Fires, Floods, Shootings

October 26
Eye Health