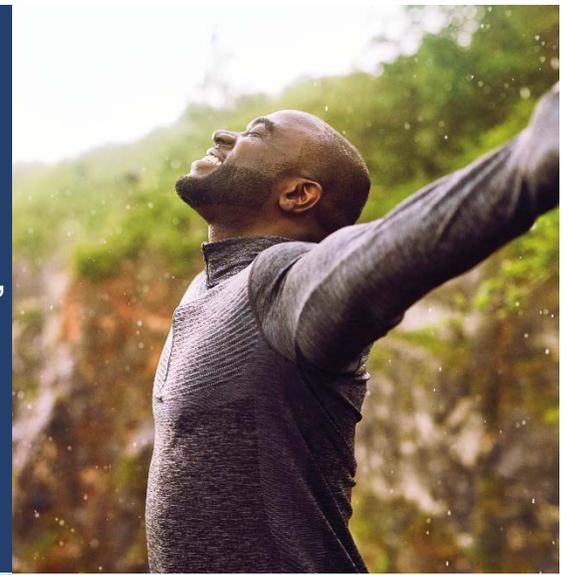


Thriving Tuesdays Webinar Series

Take a LIVE Health & Wellness online class,
open to all Federal Employees.

Give yourself a healthy boost



- **Getting Healthy Sleep:** Learn about healthy sleep, its benefits, and different ways to get your best sleep.
- **Fitting Fitness into your Lifestyle:** Create a physical activity action plan and find ways to make your daily life more active.
- **Stress and Emotional Eating:** Identify triggers which lead to overeating, including emotional eating. Better understand eating patterns, why eating becomes a reach to stress, and what can be done to help.

Getting Healthy Sleep

Date: Tuesday, June 2nd

Time: 2 PM – 3 PM

Click [HERE](#) to register

Fitting Fitness Into Your Lifestyle

Date: Tuesday, June 9th

Time: 2 PM – 3 PM

Click [HERE](#) to register

Stress and Emotional Eating

Date: Tuesday, June 16th

Time: 2PM – 3PM

Click [HERE](#) to register

For questions, contact: Alejandra.B.Lanahan@kp.org

At no cost to Federal employees

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., 320 Westlake Ave. N, Suite 100, Seattle, WA 98109