

Health Education Session

Fitness Your Way

Fitting exercise into
your daily life



Increasing physical activity is one of the most important things you can do to improve overall physical health and well-being. In this webinar, we'll help you identify and practice strategies to fit movement into your day.

Date	Time	Registration
Tuesday, August 17, 2021	Noon to 12:45 p.m. (HT)	Register here

To register for the webinar session, click on the “Register here” link above or visit kp.org/eutf/getinshape now through the end of the event.

Join the webinar via computer or mobile device. For support, [click here](#).

What attendees said about our webinars.....

“I like the positivity of the presenters.”

“The info was understandable and useful, and the suggestions and tips sounded do-able and not too intimidating.”

Please contact Lloyd Kishi at lloyd.kishi@kp.org if you have any questions about these webinars.



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