Kaiser Permanente



Health Promotion Workshops & Webinars

6-week lead time required

	Time	In this workshop	Participants will
		Managing Your Weight	find out how setting realistic goals, making an action plan, and practicing new skills help increase confidence to manage weight successfully.
Healthy Eating and Weight		Eat Well, Live Well: Eating Well for Your Health	explore common truths and myths about eating well, and learn tips to eat mindfully and create a healthier plate.
Eating ar		Smart Grocery Shopping & Label Reading	discover how to shop smarter to meet health needs and learn to read food labels to make healthy choices.
Healthy		Preparing Healthy Meals & Dining Out	get practical tips, identify healthier options, and discover the health benefits of making the healthy choice the easy choice.
		Plant-Based Meal Planning	learn about creating healthy plates using plant- based proteins and how to meet all nutritional needs.
		Managing Stress: Building Awareness and Resilience	identify sources of stress, its effects on the mind and body, and how constantly activating the "fight or flight" response can lead to burnout and health problems.
٨		Managing Stress: Awareness and Skill Practice for Self-Care	learn about stress and gain awareness of personal reactions to it while exploring ways to manage stress and participating in a relaxation activity.
Mind-Body		Managing Stress: Practicing Mindfulness	discover the benefits of mindfulness, how it can help allow space to respond instead of react, and ways to incorporate it into daily activities, followed by a short mindfulness exercise.
		Why Sleep Matters	get simple and effective tools to improve their ability to rest, relax, and sleep.
		Taking Care of YourSELF: Sleep, Exercise, Love, Food	focus on four ways to improve SELF-care, and learn how daily practice of simple strategies supports improved health and well-being.





Mind-Body		Finding More Margin in Your Day	get tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into their day.
		Food & Mood	learn to tune in to the body and mind and identify self-care practices to bring balance to eating and mood.
		Emotional Well-Being	learn to tune in to emotions and identify self-care practices for managing mood and stress in a positive way.
		Cultivating Mindfulness	practice mindfulness activities while exploring the definition of mindfulness, benefits of being in the present moment, and how to build awareness.
		Building Resiliency	explore ways to learn from past experience and build new skills to be more resilient.
		Find Your Joy	explore how positive psychology and practical strategies can nurture happiness while learning concepts and evidence-based practices that foster well-being, such as kindness, empathy, gratitude, and awe.
		Navigating the Next Normal	learn how living in an uncertain world can have a negative impact on overall well-being and how to successfully navigate uncertainty by prioritizing selfcare.
Healthy Habits	Ū	Ready, Set, Goal: Creating Healthy Habits	choose a behavior to target and explore ways to strengthen motivation to create habits that stick, and learn key strategies that lead to health improvement.
		Independence from Tobacco	review their experience with tobacco and nicotine, decide if making a change is right for them, and get strategies and resources to become independent from tobacco.
		Think Before You Drink: Alcohol Awareness	discuss the benefits and risks of alcohol as well as tips for cutting down or stopping drinking.
		Skin Cancer and Heat Awareness	learn about ultraviolet rays, preventing sun damage, the signs of heat-related illness, and ways to cool down.
		Healthy Celebrations	explore ideas and resources to create healthy menus, maintain fitness, and address increased stress during holidays.



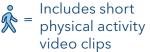














Women's Health	review preventive steps to take for good health, risk factors, and screening recommendations specific to women.
Men's Health	explore what makes men's health unique, strategies to maintain up-to-date screenings, and self-care tools.
Family Health	review common health concerns and screenings, and find strategies to keep every family member healthy while practicing self-care.
Intergenerational Caregiving	discuss challenges related to meeting the needs of multiple generations and brainstorm creative solutions.







For more information or to schedule a session, contact Lloyd Kishi at lloyd.kishi@kp.org or (808) 271-8184.