



Employee Well-Being Webinar Series

Brought to all employees by the AEAP in partnership with Kaiser Permanente
at **no cost** to employees



Kick off your week by turning Monday into Mind-day, dedicated to Mindful Self-Care

Transformational Thinking

Date: Monday, November 23rd, 2020
Time: 12:15pm- 1:15pm
Click [HERE](#) to register

Tai Chi

Date: Monday, December 7th, 2020
Time: 12:15pm- 1:15pm
Click [HERE](#) to register

Understanding Mental Health

Date: Monday, January 11th, 2021
Time: 12:15 pm- 1:15 pm
Click [HERE](#) to register

Weight Management: Setting Yourself Up for Success

Date: Monday, January 25th, 2021
Time: 12:15 pm- 1:15 pm
Click [HERE](#) to register