

Health & Well-being Webinars



Learn how to enjoy better health and improve your well-being. Join a live webinar or listen to a recording; and choose from a wide variety of topics, including prediabetes prevention, sleeping better, and eating a plant-based diet. To register for an upcoming live webinar or to listen to recordings, see the information listed below.

Upcoming Live Webinars (all times are PST) – Register on the [KP Learning Forum](#)

Monday, Sept 11	12:30-1:00 p.m.	Prediabetes 101
Tuesday, Oct 17	12:30-1:00 p.m.	Health & Happiness for the Holidays
Thursday, Oct 19	12:30-1:30 p.m.	Mental Health is Part of Everyone's Life – Let's Talk About It
Tuesday, Oct 24 Thursday, Oct 26	12:30-1:00 p.m. 9:30-10:00 a.m.	Sleep – Don't Leave Home Without It
Tuesday, Nov 7	12:30-1:00 p.m.	Practicing Gratitude

Recorded Webinars – To access each recording, click on the webinar's title of your choice; or visit kp.org/healthyworkforce and click on "Healthy Living Webinars" under "Prevention."

Eat Well

[Whole Food Plant-Based Eating: A Lifestyle Medicine Tool for Recommending Food as Medicine \(50 min\)](#)

[Cultural Diversity & Healthy Cooking \(48 min\)](#)

[The Mediterranean Diet for Heart Health \(45 min\)](#)

[Whole Food, Plant Based Nutrition \(55 min\)](#)

Be Well

[Psychological Safety, Speaking Up, and the Impact on Wellness and Well-Being \(50 min\)](#)

[Social Well-Being – The Benefits of Good Relationships \(45 min\)](#)

[Healthy Body, Healthy Mind, Healthy Spirit \(46 min\)](#)

Get Active

[Exercise and a Healthy Brain; What's the Connection? \(30 min\)](#)

[Motivation to Move \(50 min\)](#)

[Add Play to Your Day: Instant Recess® \(33 min\)](#)

[Every Day is Game Day \(58 min\)](#)