



Keep stress
in check

Take a convenient online class to help you
manage stress

Managing Stress

Learn how to identify and manage everyday tension and make changes that keep your body and mind relaxed.

February 23, 2022 | 3:30 p.m. to 4:30 p.m.

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3636668/1EE72FF5D89E03721D8B381469A1346D>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

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., 601 Union St., Suite 3100, Seattle, WA 98101