



## Live Mindfulness Webinars – How to manage stress and build resilience

At Kaiser Permanente we strive to provide support for your mind, body, and spirit. COVID-19 has created an unprecedented physical and mental health crisis in our community. Kaiser Permanente invites the entire community to join a live webinar on accepting and transforming stress, anxiety and isolation through “Resilience Practices”, to enhance your quality of life.

This 60-minute class, which will cover tips on coping with stress and building resilience, will be part of an ongoing series available the third Thursday of each month. Register today by clicking on one of the links to the right.



### How to register?

[Click here to register for March 18 Webinar](#)

[Click here to register for April 15 Webinar](#)

[Click here to register for May 20 Webinar](#)