

Coping with COVID-19 & Beyond Webinar*

Addressing wellness during uncertainty



Living with Uncertainty

Our schedule and daily lives have changed dramatically. The COVID-19 pandemic has potentially affected your mental, physical, and emotional health. It is especially important during this time to provide care for YOU. **This 1-hour webinar will focus specifically on ways to cope with this pandemic and tricks to build resilience during this time of uncertainty and change.**

Registration

Webinars have limited capacity* and you must register to receive the link to join. If a webinar is full you can join a waitlist or choose a different date/time. A confirmation and reminder email will be sent prior to your scheduled webinar with the link to join.

To register go to:

<https://wellness-event.kaiserpermanente.org/signup/covidwebinars>

Webinar Dates

(Pacific Time, **subject to change**, check registration site for most current)

5/5, 1:00	5/14, 12:00	5/22, 12:00
5/6, 12:00	5/18, 12:00	5/26, 12:00
5/7, 1:00	5/19, 12:00	5/27, 1:00
5/12, 11:00	5/20, 11:00	5/28, 11:00
5/13, 1:00	5/21, 12:00	5/29, 12:00

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

*500 maximum participants
due to technical constraints

