



# PERMANENTE MEDICINE®

The Permanente Medical Group

## *Kaiser Permanente Health Talks*

Kaiser Permanente is dedicated to providing high-quality, affordable health care services and improving the health of our members and the communities we serve.

That’s why we’re bringing our providers to you through a series of virtual health talks. The health talks include a presentation by providers who are experts in their field followed by Q&A. These events are free. Separate registrations will be available for each talk; watch for details.

**4<sup>th</sup> Thursdays**

**January - October**

**12:30 p.m. – 1:30 p.m.**

### 2022 Topics

- January 27      Lifestyle Medicine
- February 24    Heart Health
- March 24        IBS and Colorectal Cancer
- April 28         Your Skin, Common Myths
- May 26          Women's Health
- June 23         Prediabetes
- July 28          Physical Therapy Exercises Series:  
Neck, Back, and Shoulder Pains
- August 25        Infertility
- September 22   Stress and Mindfulness
- October 27      Breast Cancer