

## Kaiser Permanente Health Talks presents **Lifestyle Medicine**



### **Presenters**

Allison Collins, MD, DipACLM – Physician

Donna Petersen, MPT, DipACLM – Physical Therapist

Jacqueline Nguyen, PsyD, DipACLM – Clinical Psychologist

**Date: Thursday, January 27, 2022**

**Time: 12:30 p.m. – 1:30 p.m. (PST)**

**Location: Microsoft Teams**

**Registration: [Click here](#)**

### **Learning objectives**

- Understand what Lifestyle Medicine is and the power it can have to prevent, treat, and reverse chronic diseases
- Learn the role physical activity has in creating and maintaining a healthy lifestyle
- Through a live cooking demo, you'll learn how plant forward eating can affect your health and how easy, tasty, and family-friendly it can be!

*This free webinar is being made available to employees of a select number of employer groups in the Bay Area. You do not need to be a Kaiser Permanente member to register.*

Once you register at [eventbrite.com](https://www.eventbrite.com), you will receive a confirmation email with a link to the Microsoft Teams meeting which you can add to your calendar or device.