



Plan Based Meal Planning

Join us to learn more!

Learn practical tips to shop for healthy foods and prepare healthier meals for any time of day.

Date: March 20,2025

Time: 12pm-1pm

Link:<https://event.on24.com/wcc/r/4789143/1DCEB251AA6A2E6DC141BA98EC8B288E>

Questions? Contact: Jan Tortarella, jan.tortarella@nih.gov

At no cost to employees!

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., 320 Westlake Ave. N, Suite 100, Seattle, WA 98109

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