

Fall Back into Balance



Restore balance in your life with this three-part webinar series that offers practical tips to help you manage stress, find more time in your day, and improve harmony in all aspects of your life.

Work-Life Balance (Thursday, October 8th)

Learn the importance of work-life balance and practical tips to support better harmony in different areas of your life.

Finding More Margin in Your Day (Thursday, October 15th)

Learn tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into your day.

Coping with Stressful Triggers (Thursday, October 22nd)

Increase awareness of your personal triggers and learn simple tips to deal with them for a more balanced life.

Click [HERE](#) or scan below to register



Sessions are from 12-1pm ET. Participation in all 3 classes is encouraged but not required. You do not need to be a Kaiser Permanente member to participate.