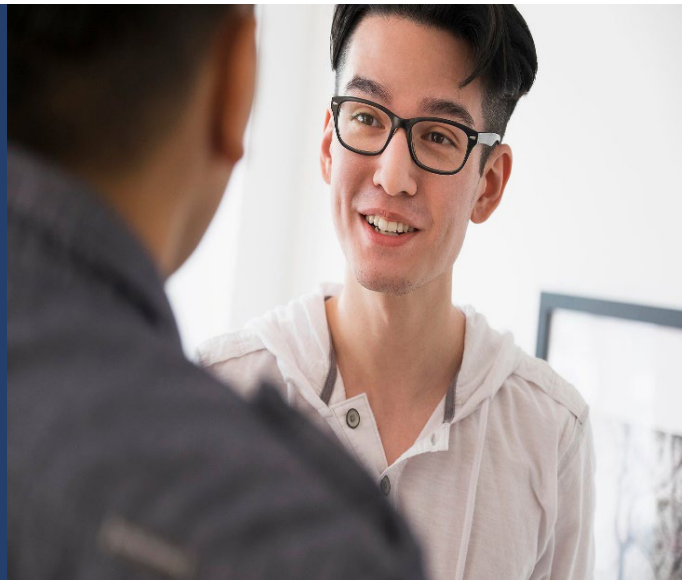


Veterans Series

Join us for this 3-part series to learn how to take better care of you.



Mindfulness & Self-Care

Date: Tuesday, May 12, 2026

Time: 1-2pm

Learn ways to prioritize your wellbeing through mindfulness, meditation, and holistic self-care. Experience the benefits of relaxation techniques through guided breathing and meditation exercises.

Musculoskeletal Health & Chronic Pain Management

Date: Tuesday, June 16, 2026

Time: 1-2pm

Learn how chronic pain and musculoskeletal conditions can impact daily activities and overall wellbeing. Explore practical coping strategies and treatment options to improve and manage chronic pain.

Anxiety, Depression, & Post-Traumatic Stress Disorder (PTSD)

Date: Tuesday, July 14, 2026

Time: 1-2pm

Improve understanding of anxiety, depression, and PTSD, including common signs and symptoms. Learn coping strategies and treatment options to support yourself or a loved one.

Join via computer or mobile device at:

Mindfulness & Self-Care | Tuesday, May 12 | 1-2pm: [Register Here](#)

Musculoskeletal Health & Chronic Pain Management | Tuesday, June 16 | 1-2pm: [Register Here](#)

Anxiety, Depression, & Post-Traumatic Stress Disorder | Tuesday, July 14 | 1-2pm: [Register Here](#)

At No Cost to Employees | For questions, contact: Julie Brosnan Julie.K.Brosnan@kp.org

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