 

**Getting the Most Out of Your Health Plan**

**Wednesday,**

**February 24, 2021**

**12:30 p.m. – 1:00 p.m. PST**

**Routine Care for You: Breast, cancer screening, cervical cancer screening, maternity care, & more**

**Wednesday,**

**March 24, 2021**

**12:30 p.m. – 1:00 p.m. PST**

**Routine Care for You: Prostate cancer screening, colorectal cancer screening, & more**

**Wednesday,**

**April 21, 2021**

**12:30 p.m. – 1:00 p.m. PST**

## Kaiser Permanente is hosting a series of virtual learning sessions, “Here’s to Your Health”. Each 30-minute session will focus on how to optimize your personal health. Learning sessions will be held on Wednesdays beginning February 24, 2021.

The events are offered at **no cost** and are open to anyone interested in learning about how to engage in healthy activities and learn about resources available.

**Participants must register** [**"Here's to Your Health" virtual learning series**](https://kponline.webex.com/kponline/onstage/g.php?PRID=3d08461a353c7aecb26cdae4ec5f6ace)

**SmartHealth Points**

Receive 50 SmartHealth points by attending one of the *Here’s to Your Health* webinars. You do not need to be a Kaiser Permanente member to attend and earn points for these sessions.

If you have any questions about the webinar series, please contact, KPWA.WFH@kp.org

Learn more about [Kaiser Permanente](https://wa.kaiserpermanente.org/) and wellness resources.

Here’s to Your Health

You’re invited to a virtual learning series with Kaiser Permanente

kp.org/wa