

# VIRTUAL WELLNESS WEDNESDAYS

1:00pm – 2:00pm

Join in for an online educational topic each week! View the presentation on your computer by clicking the link below, and follow the instructions. Or call in, 213.533.9530 and enter the conference ID number.

Title	Date	Link	Conference ID
Anxiety Talk	November 4	<a href="#">Join Microsoft Teams Meeting</a>	302 181 325#
Alzheimer's & Dementia	November 11	<a href="#">Join Microsoft Teams Meeting</a>	819 765 943#
Stress Management	November 18	<a href="#">Join Microsoft Teams Meeting</a>	199 998 014#
Fitness	December 2	<a href="#">Join Microsoft Teams Meeting</a>	657 345 648#
Holiday Virtual Bingo	December 9	<a href="#">Register Virtual Bingo</a>	
Hot Cocoa & Chat Open Q & A	December 16	<a href="#">Join Microsoft Teams Meeting</a>	914 068 494#

## For more information:

LaJoi Thompkins, Kaiser Permanente Medicare Specialist

470.606.6263 • [Lajoi.x.thompkins@kp.org](mailto:Lajoi.x.thompkins@kp.org) • [www.mykpagent.org/LaJoiT](http://www.mykpagent.org/LaJoiT)

*This event is only for educational purposes and no plan-specific benefits or details will be shared.*

