

Kaiser Permanente Health Talks

Stress Reduction, Resiliency & Communication

Join Kaiser Permanente clinical psychologist **Lorna Chiu, PhD** in our January session, where you will:

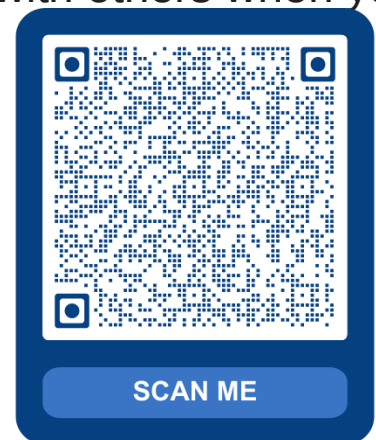
- Understand why stress happens and the costs of unmanaged stress.
- Recognize signs and warning signs of stress.
- Identify self-care and stress management skills.
- Learn ways to communicate what you need with others when you are under stress, to help reduce it.

Date: Thursday, January 23, 2025

Time: 12:30 – 1:30 pm PST

Location: Microsoft Teams

Register: QR Code or [click here](#)



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.