

Join us for Thriving Tuesdays wellness webinars

Take LIVE health and wellness classes online, open to all Federal employees



Summer Safety

Protect yourself and others this summer—learn to spot the signs of heat-related illness and even discover ways to prevent it.

Flu Awareness

Get the latest news about the flu and learn the difference between the flu and a cold. Plus, discover what you can do to prevent both.

Healthy Eating and You

Find out what a healthy plate looks like and how to plan a healthy diet.

Summer Safety

Tuesday, July 13
2 - 3 p.m. ET

REGISTER TODAY

<https://bit.ly/3ixOKuC>

Flu Awareness

Tuesday, August 10
2 - 3 p.m. ET

REGISTER TODAY

<https://bit.ly/3519OlR>

Healthy Eating and You

Tuesday, September 7
2 - 3 p.m. ET

REGISTER TODAY

<https://bit.ly/2REPNOv>

Registration is limited to the first 1,000 people. After registration, you will receive a confirmation or waitlist email for the class.

For questions, please reach out to your regional FEHB contact.

kp.org/feds



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