



## Are we there yet?

Wouldn't it be nice to take a six-week journey of self-care. You can take this trip alone or with others. Either way you can expect to decompress and take time to explore new destinations and best of all take a virtual journey in the process. Let's take time to focus on our health and well-being. You are invited to attend a Kaiser Permanente program information session, where you can learn additional details regarding the program and information on how to enroll.

Register for the training: [Click Here](#)

Register for the program: [Click Here](#)

