

May 14, 2020

To: All UCR Faculty and Staff
 From: UCR Human Resources Benefits Office
 Re: Kaiser Permanente Coping with COVID-19 Webinar Series

As we gradually move towards returning to a sense of normalcy in our nation, Kaiser Permanente wants to support our communities through this transition by hosting a COVID-19 & Beyond Webinar series for all UC employees – you do not have to be a member of the Kaiser medical plan to participate. The webinar series consist of 5 custom one-hour presentations specifically designed for all University of California employees and will be able to accommodate 500 participants per session.

The 5 one-hour webinar topics include:

- [Coping with COVID-19 & Beyond](#)
- [Total Health & Nutrition](#)
- [Mindful Stretching](#)
- [Laughter is the Best Medicine](#)
- [The Power of Gratitude](#)

For webinar information, please click on the above links to the webinar flyers which includes the webinar description, date and time, and participation registration link. Upon completion of registration, participants will receive an email confirmation as well as an email reminder on the day of the webinar which will include participant information.

We encourage you to register and participate in the webinar series to become informed and gain resources about what we know about COVID-19, learn tips on how to combat stress, and tricks to become more resilient. For additional information please visit [Kaiser Permanente Coronavirus and COVID-19 webpage](#).

The following matrix provides a glance of the webinar schedule including the topic, date and time, and registration links.

Event Type	Description	Event Date	Event Time	Registration
Coping with COVID-19 Webinar	Join us for this webinar to become informed and gain resources about what we know about COVID-19, learn tips on how to combat stress, and tricks to become more resilient!	5/15/200	12 - 1:00pm	reglink.5.14covid.uop
Total Health Nutrition Webinar	This webinar will discuss the following topics: <ul style="list-style-type: none"> • The principles of good nutrition • How different foods affect our bodies and health 	5/21/20	12 - 1:00pm	reglink5.21nutrition.uop

	<ul style="list-style-type: none"> • Which foods are more nutritious than others • How to create a concrete plan for nutritional, behavior change 			
Mindful Stretching Webinar	<p>The following areas of focus will be discussed during this webinar:</p> <ul style="list-style-type: none"> • The power and purpose behind mindful stretching • The connection between body, mind and heart • Actively stretch the upper and lower body • Learn to stretch while sitting and standing 	5/26/20	10 - 11:00am	reglink5.26stretching.uop
Laughter is the Best Medicine Webinar	<p>This webinar will discuss the following topics:</p> <ul style="list-style-type: none"> • How laughter changes as humans age • What laughter brings to our overall health • Types of humor theories • Where to find laughter during your day • Create a behavior plan to experience a good laugh on a daily basis 	6/3/20	12 - 1:00pm	reglink6.3laughter.uop
The Power of Gratitude Webinar	<p>During this webinar, we will discuss the following topics:</p> <ul style="list-style-type: none"> • The research behind gratitude practice • Develop a knowledge of the physical and psychosocial benefits of gratitude • Practice the top 5 ways to actively be thankful • Create a plan to incorporate gratitude daily 	6/10/20	12 - 1:00pm	reglink6.10gratitude.uop