



ASCIP - 2026 Webinar Series Schedule

In partnership with Kaiser Permanente, ASCIP is offering 8 no-cost webinars that are open to everyone, with 3-month on-demand access to recordings.

Taking Care of Your Heart

Wednesday, October 14, 2026 3:00-4:00pm

Learn about heart disease, identify risk factors, and explore the Mediterranean and plant-based meal plans for heart health.

The Key to Preventing Diabetes

Wednesday, October 21, 2026 3:00-4:00pm

Discover the five keys to preventing diabetes: eating healthy, getting active, quitting tobacco, managing stress, and sleeping well.

Healthy Cooking Made Delicious

Wednesday, October 28, 2026 3:00-4:00pm

Learn how to build meals that are satisfying, balanced, and flavorful, and watch a live cooking demo of a fresh and healthy dish that brings these tips together.

Moving From Burnout to Brilliance

Wednesday, November 4, 2026 3:00-4:00pm

Discover how workplace culture, connection, compassion, and taking small steps to practice self-care can reduce burnout and increase motivation.

Taking Care of YourSELF: Sleep, Exercise, Love, Food

Thursday, November 12, 2026 3:00-4:00pm

Focus on four ways to improve SELF-care, and learn how daily practice of simple strategies supports improved health and well-being.

Chair Yoga

Tuesday, November 17, 2026 3:00-4:00pm

Use your workspace to practice restorative chair yoga to stretch and lengthen the spine, increase blood flow, and release tension.

Finding More Margin in Your Day

Wednesday, December 2, 2026 3:00-4:00pm

Get tips to lessen time stress, create healthier boundaries, and build more self-care and downtime into their day.

Simple, Satisfying Snacks

Wednesday, December 9, 2026 3:00-4:00pm

Explore how to create simple, satisfying snacks for long-lasting energy, including a cooking demo of quick and balanced recipes.

[Register for the series here, or scan the QR code below](#)

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