

# REFRESH 2.0


Webinar for KP employees and physicians

Please join us for our April well-being webinar, where you will learn tips and tricks to renew and recharge in 2025.

## FEATURED SPEAKER:

Andy Gallardo  
Director of Employee Wellness  
Kaiser Permanente Southern California

 **Thursday, April 24\***

 **12:30 to 1:30 p.m. Pacific Time  
(3:30 to 4:30 p.m. Eastern Time)**

Click the link below  
or use QR code to  
register.

[Register](#)



\*This webinar is open to all Kaiser Permanente employees and physicians. Please attend as work duties allow. It will be recorded for those unable to attend live.

[kp.org/healthyworkforce](https://kp.org/healthyworkforce)

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For the people who power KP