



Give yourself a healthy boost

Take a convenient online class

Watch Your Back: Back Care Basics

Date: Thursday, March 14, 2024 | **Time:** 12:00—1:00 pm

Join via computer or mobile device at:

[Fulton County Watch Your Back: Back Care Basics 2024-03-14 \(on24.com\)](https://on24.com/FultonCountyWatchYourBackBackCareBasics2024-03-14)

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Learn proper posture & practice exercises that help protect your back.

For questions, contact: employeeewellness@fultoncountyga.gov

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 320 Westlake Ave. N, Suite 100, Seattle, WA 98109

For more information kp.org

