



## COVID & Flu: What You Need to Know to Stay Healthy

Will we see another surge in COVID-19 infections? Do you need a flu shot if you're already wearing a mask and social distancing? How can you keep yourself safe and healthy this winter?

Dr. Nita Mahajan, Kaiser Permanente South Bay's director of ambulatory care quality, will discuss these issues and more in a session devoted to addressing your questions about COVID-19 and the flu.

Join us for a live webinar during the Daily Breeze Healthy Living Virtual Expo on Wednesday, October 14, from 2 – 3 P.M.

An overview of Kaiser Permanente Medicare Advantage will immediately follow Dr. Mahajan's presentation. For more information and to register for this event, please visit <http://bit.ly/KPWeb2>



### Live Webinar

October 14, 2020

2 – 3 P.M.

Register at  
<http://bit.ly/KPWeb2>