



Birth Control: Choosing an option that's best for you!

Join us for a **FREE Virtual Health Talk for Women**

- **When: Monday, November 8, 2021**
- **Time: 5:30 – 6:30 p.m.**



Join **Julie Kuperman, MD, Ob/Gyn**, as she leads a discussion on contraception and the various options available to women. Using a birth control method (contraception) means having the power to decide when or if you want to get pregnant.

**Registration is not available on kp.org
To RSVP for this event, please call 626-851-7763**

Board certified
Obstetrics and Gynecology

Once you have called to RSVP, you'll need the following to join this virtual health

1

kp.org account
Not registered? Visit
kp.org/registernow or
personal email address

2

Computer, smartphone,
or tablet with a secure,
reliable internet
connection.

3

One of these browsers:

- Google Chrome
- Mozilla Firefox
- Apple Safari

 Internet Explorer is not supported.

This event is **FREE** and open to **ALL** women. **RSVP** by November 7. Friends and family of Kaiser Permanente members are welcome to attend. All who attend will be eligible to win a gift basket.

Visit the Kaiser Permanente
Birth Control Center
by scanning this QR code:



kp.org/birthcontrol



Health Talk Flier