

Girls' Health Rocks!

Empowering Girls through the Teen Years Health Conference



**Saturday, September 26, 2026
8:30 a.m. – 12:30 p.m., Conference Room B-1
Kaiser Permanente Baldwin Park Medical Center
1011 Baldwin Park Blvd., Baldwin Park**

If you're a teen girl, between the ages of 13-18, you'll want to join us for a **free** health conference offering a variety of topics on your changing body. Topics include:

**Natural Changes in Teen Years • Healthy Skin • Eating & Exercise • Birth Control
Sexually Transmitted Diseases (STD) • Teen Dating & Violence Prevention
Depression & Seeking Help • Drug Use in Teens (including marijuana)
Smoking & Vaping Advice • Bullying, Cyberbullying, Social Media & Sexting**

FREE breakfast and cool prizes for youth

A parent session will be available at the same time for any parent interested in learning the tools to partner in the health of their daughter.

Open to Kaiser Permanente members and the community. Space is limited.
Teen vaccines including HPV will be available for all Kaiser Permanente members.
Flu vaccine will be available for Kaiser Permanente members and the community.

**REGISTER to attend this conference by calling
Kaiser Permanente Health Talks
(626) 851-7763**