

## **KP DRAGONS**

Who are we? What do we stand for? BROCCOLI and BLUEBERRIES!!! KP Dragons are paddlers who understand the importance of being healthy, being fit, and being happy. Our group of spirited paddlers is comprised of mostly KP employees who proudly embrace the role as ambassadors of Kaiser Permanente, the largest managed care and non-profit health plan in the US. Our team represents the diverse community in which we work, serve and live. We are not only about Pilates and broccoli or about Band-Aids and blood pressures. We are about lasting friendships, food, fun, and meeting new challenges. As KP Dragons, we sweat, we paddle, and we THRIVE.