



# 2023 LIVE WELLNESS WEBINARS

DATE	WEBINAR TOPIC
JANUARY 18	<u>Goal Setting 101</u>
FEBRUARY 16	<u>Great Start, Healthy Heart</u>
MARCH 15	<u>Wake Up Call: The Importance of Sleep</u>
APRIL 13	<u>Ready, Set, Prep</u>
MAY 17	<u>It's About Time: Time Management for Work-Life Balance</u>
JUNE 15	<u>First Aid Basics</u>
JULY 19	<u>Take a break: Meditation and Stretch Session</u>
AUGUST 17	<u>10 Rules for a Healthy Lifestyle</u>
SEPTEMBER 20	<u>Food for Thought: The Art of Mindful Eating</u>
OCTOBER 19	<u>Work Smarter Not Harder: Workplace Ergonomics</u>
NOVEMBER 15	<u>The ABC's of Diabetes</u>
DECEMBER 14	<u>The Mess of Stress</u>