



2026 LIVE WELLNESS WEBINARS

@ 12PM ET! REGISTER TODAY!

DATE	WEBINAR TOPIC
JANUARY 21	<u>Goal Setting 101</u>
FEBRUARY 18	<u>Great Start, Healthy Heart</u>
MARCH 18	<u>Wake Up Call: The Importance of Sleep</u>
APRIL 15	<u>Take a break: Meditation and Stretch Session</u>
MAY 20	<u>Serving the Facts: Your Guide to Food Labels</u>
JUNE 17	<u>Food for Thought: The Art of Mindful Eating</u>
JULY 15	<u>Take a break: Meditation and Stretch Session</u>
AUGUST 19	<u>Ready, Set, Prep</u>
SEPTEMBER 16	<u>Blood Pressure Basics</u>
OCTOBER 21	<u>Take a break: Meditation and Stretch Session</u>
NOVEMBER 18	<u>The ABC's of Diabetes</u>
DECEMBER 16	<u>It's About Time: Time Management for Work-Life Balance</u>