



2025 LIVE WELLNESS WEBINARS

DATE	WEBINAR TOPIC
<u>January 30</u>	<u>Goal Setting 101</u>
<u>February 19</u>	<u>Blood Pressure Basics</u>
<u>March 19</u>	<u>Take a break: Meditation and Stretch Session</u>
<u>April 16</u>	<u>Wake Up Call: The Importance of Sleep</u>
<u>May 14</u>	<u>10 Rules for a Healthy Lifestyle</u>
<u>June 11</u>	<u>Let's Get Physical</u>
<u>July 16</u>	<u>Work Smarter Not Harder: Workplace Ergonomics</u>
<u>August 20</u>	<u>Serving the Facts: Your Guide to Food Labels</u>
<u>September 17</u>	<u>It's About Time: Time Management for Work-Life Balance</u>
<u>October 22</u>	<u>Take a break: Meditation and Stretch Session</u>
<u>November 19</u>	<u>The ABCs of Diabetes</u>
<u>December 17</u>	<u>The Mess of Stress</u>