

Quarterly Theme	Month	Webinar 1	Webinar 2
Q2 Mental Wellness	April	General Financial Wellbeing	Stress Management 101
	May	Meditation & Mindfulness Webinar	Anxiety, Worry and Depression: How to Recognize & Manage
	June	Social Wellness: Growing and Maintaining Healthy Relationships	411 of Physical Fitness
Q3 Ergonomics & Posture	July	Importance of Posture	8 Dimensions of Wellness
	August	Debt Management 101	Preventive Care Basics
	September	Work-Life Balance	Resilience & Thriving: The Secret Power of Stress
Q4 Wellness & Tech	October	Social Wellbeing	Boosting Your Positive Outlook
	November	Diabetes Education & Awareness	Sleep Hygiene
	December	Healthy Eating During the Holidays	Compassion Fatigue
Q1 2026 TBD	January	Basics of Budgeting	Creating and Sustaining Healthy Habits
	February	Heart Health 101	Emotional Intelligence: A Guide to How it Works
	March	Office Ergonomics	First Aid Review