wellnessiQ

# PATHWAYS TO WELLBEING

## 2027 WEBINAR SERIES

ALL SESSIONS ARE HELD 12PM-12:30PM EST ON THE LAST WEDNESDAY OF EACH MONTH

**JANUARY**

**BUILD YOUR PERSONAL HEALTHSPAN**
Live Better, Longer: Small Habits That Support Your Future Self

**FEBRUARY**

**SOCIAL CONNECTION & EMOTIONAL WELL-BEING**
The Connection Effect: Why Relationships Are Good for Your Health

**MARCH**

**STRESS RESIELIENCE IN AN UNCERTAIN WORLD**
Staying Steady When Everything Keeps Changing

**APRIL**

**SLEEP: YOUR MOST UNDERRATED PERFORMANCE TOOL**
Sleep Smarter: The Foundation for Energy, Mood & Focus

**MAY**

**MENTAL FITNESS & EMOTIONAL HEALTH**
Train Your Mind: Everyday Skills for Better Mental Health

**JUNE**

**METABOLIC HEALTH & EVERYDAY ENERGY**
Energy Beyond Caffeine: Understanding Your Metabolic Health

**JULY**

**MOVE MORE, FEEL BETTER**
Movement for Real Life: Rethinking Exercise

**AUGUST**

**FOCUS, ATTENTION & DIGITAL WELL-BEING**
Protect Your Attention: Staying Human in a Digital World

**SEPTEMBER**

**PREVENTIVE HEALTH**
Know Your Numbers: Taking Charge of Your Health Before Problems Start

**OCTOBER**

**FOOD FOR ENERGY, MOOD & LONGEVITY**
Eat for How You Want to Feel

**NOVEMBER**

**FINANCIAL STRESS & YOUR HEALTH**
The Stress You Can See: How Financial Worry Affects Well-Being

**DECEMBER**

**REST, RECOVERY & SUSTAINABLE WELL-BEING**
Rest Is Productive: How to Recover Without Falling Behind

**PURCHASE HERE**