



PATHWAYS TO WELLBEING

2027 WEBINAR SERIES

ALL SESSIONS ARE HELD 12PM-12:30PM EST

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 RESILIENCE 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

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