wellnessIQ

PATHWAYS TO WELLBEING

2026 WEBINAR SERIES

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

PREVENTION

January 28
The Power of Prevention: How Proactive Care Saves Lives

February 25
Early Detection, Better Outcomes: Strengthening Mental Health Through Proactive Care

March 25
Healthy Habits, Happier Days: How Preventive Care Helps You Thrive On and Off the Clock

PHYSICAL ACTIVITY

April 29
Stronger Together: Turning Exercise into Connection

May 27
Strong Bodies, Strong Minds: The Science Behind Physical and Mental Wellness

June 24
Fit It In: How Busy Professionals Can Make Every Move Count

MENTAL WELLBEING

July 29
Thrive Inside: Practical Steps to Strengthen Your Mental Health

August 26
Comorbidities Explained: Staying Ahead in Your Physical and Mental Health

September 30
Mastering Work-Life Balance in a World That Demands More

NUTRITION

October 28
Healthy Eating for Everyone: Navigating Different Food Needs at Home

November 25
Healthy Meals for Every Taste – Feeding an entire Household Practically (a Cooking Demo!)

December 16
Holiday Sweets Made Healthy: 3 Quick & Delicious Desserts (Interactive Cooking Demo)

There are 2 ways to purchase: 1. Request this service with your Wellness Strategy Manager 2. Pay online here!
Within 3 business days of ordering you will receive promotional material to share with your employees.

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