

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

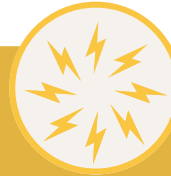
Stronger Together:
Turning Exercise into
Connection

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.