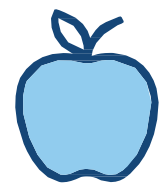


Quarterly Series Descriptions

Q1: Healthy Start

Whether you're setting new goals or simply want to feel your best, this three-part [Healthy Start Webinar Series](#) offers practical tips and engaging activities to support your wellness journey throughout the month of January and beyond. Sessions include:



Living a Healthy Lifestyle (01/08)

Learn simple tips to eat well, move more, sleep better, manage stress, stay connected, and keep up with preventive care.



Building Healthy Habits (01/15)

Learn simple tips to turn small changes into everyday habits to improve your heart health.



Strong Heart Demo (01/22)

Practice easy desk cardio drills to boost energy, burn calories, and keep your heart strong.



Q2: Step into Spring

Energize your body and refresh your mind with this three-part [Step into Spring Webinar Series](#) that demonstrates fun, accessible ways to stay active, lower stress, and improve your overall physical and mental well-being. Sessions include:



Guided Walking Meditation (04/09)

Take a mindful stroll and discover the power of gentle movement combined with calming meditation.



Zumba (04/16)

Increase your heart rate, improve your endurance, and strengthen your muscles with various moves in this upbeat dance fitness class.



Take Ten to Thrive (04/23)

Learn fun, simple, and effective bursts of exercise to warm up your muscles and improve your cardio, strength, and balance.



Q3: Find Your Zen

Explore the power of mindfulness, gentle movement, and reflection with this three-part [Find Your Zen Webinar Series](#) designed to lower stress and promote relaxation. Sessions include:



Guided Meditation (07/09)

Practice guided meditation to explore the union of mind and body, lower stress, and improve balance.



Chair Yoga (07/16)

Lower stress, improve strength, and increase flexibility with this gentle form of yoga that can be done while sitting.



Reflective Journaling (07/23)

Learn journal entry tips and techniques to help document evolving feelings, emotions, and reactions to stressful situations.



Q4: Fall Back into Balance

Restore balance in your life with this three-part [Fall Back into Balance Webinar Series](#) that offers practical tips to help you manage stress, find more time in your day, and improve harmony in all aspects of your life. Sessions include:



Work-Life Balance (10/08)

Learn the importance of work-life balance and practical tips to support better harmony in different areas of your life.



Finding More Margin in Your Day (10/15)

Learn tips to lessen time stress, create healthier boundaries, and build more selfcare and downtime into your day.



Coping with Stressful Triggers (10/22)

Increase awareness of your personal triggers and learn simple tips to deal with them for a more balanced life.

