

2026 Well-Being Webinars

HEALTH TALKS, 1230-130 PST

- 01/22: Ergo Hacks for Your Neck, Shoulders, & Wrists
- 2/26: Be Heart Smart: Millennials to Baby Boomers
- 3/19: Thrive Kids: Your Parenting Game Plan
- 04/23: Wellness Unfiltered. Hype or Health?
- 05/28: Glow Up: Secrets to Radiant Skin, Lush Hair, & Cosmetic Confidence
- 06/25: Reproductive Health for Women
- 07/23: Self-Care Across Your Lifespan
- 08/27: Back-to-School Tips & Tools
- 09/24: Power of Social Connections
- 10/22: Revolutionizing Healthcare with Kaiser Permanente

MINDFUL MONDAYS, 9-10 PST

- 01/05: New Year Guided Meditation
- 02/02: Guided Meditation for Aligning Heart & Mind
- 03/02: Mindful Eating Guided Meditation
- 04/06: Meditation & Breathing for Better Health
- 05/04: Guided Meditation for Relaxation
- 06/01: Mindfulness for a Brain Reset
- 07/06: Guided Meditation for Summer Bliss
- 08/03: Guided Meditation for Finding Peace
- 09/14: Guided Walking Meditation
- 10/05: Guided Meditation for Love & Kindness
- 11/02: Guided Meditation for Cultivating Gratitude
- 12/07: Mindfulness to Ease Holiday Stress

WELL-BEING WEDNESDAYS, 9-10 PST

- 01/21: Breaking Through Fitness Barriers
- 02/18: High Blood Pressure
- 03/18: Healthy Weight
- 04/22: Benefits of Moving in Nature
- 05/20: Digital Detox
- 06/17: Boost Your Brain Power
- 07/22: Summer Safety
- 08/19: Flu Awareness
- 09/23: Osteoporosis Prevention
- 10/21: Women's Health
- 11/18: Truth About Sugars
- 12/16: Sustainable Celebrations

HEALTHY MIND-HEALTHY BODY, 12-1P PST

- 01/26: Workday Warrior: Desk Strengthen & Stretch
- 02/16: Love Your Heart
- 03/16: Celebrate You: Body Positive for Every Body
- 04/20: Cultivating Compassion
- 05/18: Connecting with Creativity to Improve Your Mental Wellbeing
- 06/15: Anti-Inflammatory Lifestyle for a Healthy Body & Brain
- 07/20: Snack Attack!
- 08/17: Back to School, Back to Basics
- 09/21: Functional Fitness: Active at Every Age
- 10/19: Care for the Caregiver
- 11/16: The Healthy Holiday Mix: Sleep, Exercise, Love & Food
- 12/14: Cozy Up: Discover the Magic of Hygge