



## 2022 monthly wellness webinar topics

Each webinar lasts about 45 minutes. There's a question and answer session in each one. We offer them three times a day: 10 AM ET, 12:30 PM ET, 4:30 PM ET



### Healthy habits: Keep the change

We all have habits – both good and bad. And we don't even think about most of them. How did we get them? How can we change them if we want to? In this session we'll talk about the science behind creating positive habits. And how small changes can lead to big results.

January 25, 2022

[Register here](#)



### Mastering moderation

We tend to think of food and habits as good for us or bad for us. But often it's not the thing itself that's bad. It's how much we're getting. In this session we'll talk about some of those gray areas and how to spot the line between enough and too much.

April 19, 2022

[Register here](#)



### Pumped for heart health

Your heart is the hardest working muscle in the body. And it needs your help to keep pumping. Learn how to keep your heart healthy through your diet, being physically active and managing your stress.

February 15, 2022

[Register here](#)



### A fresh look at eye health

Our eyes are important. But how much do you know about keeping them healthy? We'll talk about that in this session. And we'll cover some common eye problems.

May 17, 2022

[Register here](#)



### Staying healthy on a budget

Do you think staying healthy costs a lot of money? Think again! Keeping a healthy lifestyle doesn't need to be pricey. Learn how you can stay healthy on a budget. Get helpful tips for meal planning. Try no-to-low cost exercise ideas.

March 15, 2022

[Register here](#)



### Team Family: Getting active together

Is being active part of the fabric of your family life? Kids learn both from what we say and do. Join our discussion about ways to help kids make being active a habit that lasts a lifetime.

June 21, 2022

[Register here](#)



### Healthy hydration: Choose your drinks wisely

Water is everywhere. It covers more than 70% of the Earth's surface. And we need it to live. Think about what you drink in a day. Are you getting enough water? We'll talk about easy ways to get more water. And how to make sure you're not getting more than you bargained for from your drinks.

July 19, 2022

[Register here](#)



### Oral health for life

Good oral health is an important part of good overall health. We'll go over the basics of dental care and routine checkups. We'll talk about gum disease. And we'll explore how oral health may affect your overall health.

October 18, 2022

[Register here](#)



### Resilience: Bouncing back

How well do you bounce back after a stressful situation? We'll talk about how to build your inner strength. And you'll learn about ways to adapt to change without feeling overwhelmed.

August 16, 2022

[Register here](#)



### The health care choices we make

Some health care choices are easy. If you break your arm, you'll probably seek treatment. But what if it's not that easy? In this session, you'll learn a five-step process that can help you make decisions about your health.

November 15, 2022

[Register here](#)



### Aging healthfully and gracefully

Being active is important at any age. But it's an even more important part as you get older. Even if you're living with a condition. Join us to talk about how you can exercise safely and effectively as you age.

September 20, 2022

[Register here](#)



### Let's get real about relationships

We humans are social creatures for the most part. Being connected to people around us is a big part of our well-being. In this session we'll discuss the art of communicating. And ways to build better connections.

December 13, 2022

[Register here](#)

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