

Supporting healthy lifestyles with well-being webinars for all employees

- ✓ **04/07, 9AM PST: Meditation and Breathing for Better Health**
Say goodbye to burnout and hello to a renewed sense of vitality and joy. Unlock the power of meditation and breathwork to improve your health and wellbeing.
- ✓ **04/21, 12PM PST: Staying Healthy as a Family**
Navigate common health concerns, review screenings, and identify strategies to keep every member of your family healthy.
- ✓ **04/23, 9AM PST: Chronic Conditions**
Learn how to manage and reduce your risk for high blood pressure, cholesterol, diabetes, and obesity.
- ✓ **05/05, 9AM PST: Guided Meditation for Relaxation**
Relaxation techniques can help you manage stress and improve your overall health. Learn how to incorporate quick exercises throughout your day, including deep breathing, progressive muscle relaxation, and meditation.
- ✓ **05/19, 12PM PST: Finding Calm in the Chaos: Skills for Everyday Life**
Learn how to identify sources of stress, its effects on the mind and body, and create a personal stress reducing action plan to build healthy coping habits.



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05/28, 9AM PST: The Power of Gratitude

Learn about the different types of back pain and options for relief. Discover tools available to help your body's recovery.



06/02, 9AM PST: Mindfulness for a Brain Reset

Feeling mentally fatigued and unable to focus? Learn how mindfulness can help you hit the reset button on your brain for greater resilience, concentration and productivity.



06/18, 9AM PST: Sleep Awareness

Learn about the importance of sleep for your physical and mental health, and tips for getting a good night's sleep.



06/23, 12PM PST: The Men's Health Playbook: Tips for a Healthier Life

Explore what makes men's health unique, identify strategies to maintain up to date screenings and discover self-care tools. Create a realistic action plan that will help you take positive steps towards taking control of your health.

