

## Wellness Wednesday Webinars

Join the CareFirst Wellness & Disease Management team once a month on Wednesdays to learn more about the monthly health observance topic. Register for this quarter's webinars or view our library of recorded webinars below.

### July 2, 2025: Safe Fun in the Sun

The heat is on, but you can keep cool and protected with the right precautions. Join us to explore ways to stay safe in the sun and prevent common summer health risks. What's your plan for a safe and cool summer?

### August 6, 2025: A+ in Wellness

Prepare for the new school year by prioritizing wellness for parents, kids, and teachers. From nutrition and stress management to making sure everyone has their routine checkups and vaccinations; we'll cover all the essentials.

### September 3, 2025: Proactive Steps for Prostate Health

Prostate health is an important aspect of men's wellness that deserves attention. Join us to explore the importance of regular screenings, lifestyle changes, and understanding risk factors to support long-term health for men at every age.



[Register for an  
upcoming webinar](#)

[Watch a past  
wellness webinar](#)

