



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 or watch this quarter's webinars below.

October 1, 2025: Power in Pink

Knowledge is a powerful tool in the fight against breast cancer. In this webinar, we'll discuss risk factors, prevention strategies, and the importance of support networks.

November 5, 2025: Connecting the Dots on Diabetes

All about raising awareness and offering practical tools for managing diabetes, from controlling blood sugar to making informed lifestyle choices for a healthier future.

December 3, 2025: Earn, Save, Thrive

Get ready for a financially healthy holiday season and a fresh start in the New Year! Join us to learn tips for managing holiday spending and setting realistic goals that will support your financial wellness well into the coming year.



[Register for an
upcoming webinar](#)

[Watch a past
wellness webinar](#)

