

## 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.

### **April 2, 2025: Eyes on the Prize**

Protect your vision with these expert tips on eye health. Learn how nutrition, screen time management, and regular check-ups can keep your eyes healthy for years to come.

### **May 7, 2025: Your Mind Matters**

Your mental health deserves as much attention as your physical health. In this webinar, we'll discuss effective techniques for managing anxiety, improving your mood, and creating a supportive environment for your health.

### **June 4, 2025: The Tooth of the Matter**

A healthy smile starts with strong dental habits. Explore the best practices for effective oral care, from brushing techniques to dietary choices that promote dental health. Join us and discover how to keep your teeth shining bright.



[Register for an upcoming webinar](#)

[Watch a past wellness webinar](#)

