

2026 WELLNESS WEDNESDAY WEBINARS

Webinars	Descriptions of Webinars
January 7th, 2026 at 12 pm <u><i>Beat the Chill, Boost Your Health</i></u>	<p>This seasonal wellness webinar shares simple, effective ways to support your physical and mental health during the colder months. Learn how to boost immunity, stay active indoors, and maintain emotional balance—so you can thrive all winter long.</p>
February 4th, 2026 at 12 pm <u><i>Heart Smart: Tackling Hypertension Head-On</i></u>	<p>Join us for an empowering and informative session focused on one of the most prevalent—and preventable—chronic conditions: hypertension. In this webinar, we'll explore the latest evidence-based strategies to manage and reduce high blood pressure through lifestyle changes, stress management, and proactive healthcare.</p>
March 4th, 2026 at 12 pm <u><i>Beyond Calories: Eating for Energy, Health & Longevity</i></u>	<p>Beyond Calories: Eating for Energy, Health & Longevity Discover how nutrition goes far beyond calorie counting. This engaging webinar explores how the foods we choose impact our energy levels, overall health, and long-term vitality. Learn practical strategies to fuel your body with purpose, support metabolic health, and make informed choices that promote longevity.</p>
April 1st, 2026 at 12 pm <u><i>Rest Assured: Sleep & Stress Solutions That Work</i></u>	<p>Learn how sleep and stress are deeply connected, and discover simple, science-backed techniques to restore balance, boost resilience, and wake up feeling refreshed. Perfect for anyone seeking real solutions for better rest and a calmer mind.</p>
May 6th, 2026 at 12 pm <u><i>The Mind Maze: Finding Your Way Through Anxiety & Depression</i></u>	<p>This insightful webinar offers guidance for understanding the complexities of anxiety and depression, and explores practical tools to help you find clarity, resilience, and hope. Learn how to recognize patterns, build coping strategies, and support your emotional wellbeing in meaningful ways.</p>
June 3rd, 2026 at 12 pm <u><i>Cognitive Vitality: Your Guide to Healthy Aging</i></u>	<p>This webinar explores the science behind cognitive aging and offers practical strategies to support memory, focus, and mental clarity. Learn how lifestyle choices—from nutrition and movement to sleep and stress management—can help preserve and enhance your cognitive vitality for years to come.</p>
July 1st, 2026 at 12 pm <u><i>The Skin You're In: Understanding Your Body's Largest Organ</i></u>	<p>In this informative webinar, we'll explore the vital roles skin plays in immunity, hydration, and aging, and share practical tips for keeping it healthy from the inside out. Learn how lifestyle, nutrition, and skincare routines can support your skin's resilience and radiance at every stage of life.</p>
August 5th, 2026 at 12 pm <u><i>Wellness Beyond the Desk: Balancing Career and Personal Life</i></u>	<p>Striking a healthy balance between work and personal life is essential for long-term wellbeing. This webinar offers practical strategies to manage stress, set boundaries, and prioritize self-care—without compromising professional goals. Learn how to cultivate harmony between your career and personal life to support both productivity and overall wellness.</p>
September 2nd, 2026 at 12 pm <u><i>The Whole Man: Mental & Physical Wellness Unlocked</i></u>	<p>This concise and impactful webinar explores the vital connection between mental and physical wellbeing, offering practical tools to help men lead healthier, more balanced lives. Learn strategies to manage stress, boost physical fitness, and build emotional resilience—all designed to unlock your full potential.</p>
October 7th, 2026 at 12 pm <u><i>From Pause to Power: A Holistic Approach to Menopause</i></u>	<p>This webinar offers a compassionate, whole-person approach to navigating menopause—addressing physical, emotional, and lifestyle changes with practical strategies and supportive insights. Learn how to turn this natural transition into a time of renewed strength, balance, and vitality.</p>
November 4th, 2026 at 12 pm <u><i>Diabetes & Vision: Prevention, Protection, and Care</i></u>	<p>This informative webinar explores the critical link between diabetes and eye health. Learn how to prevent vision complications, recognize early warning signs, and take proactive steps to preserve your eyesight through effective diabetes management and routine care.</p>
December 2nd, 2026 at 12 pm <u><i>Season of Self-Care: Family Wellness Made Simple</i></u>	<p>This uplifting webinar offers easy, practical ways to prioritize self-care while supporting the wellbeing of your whole family. Discover simple strategies to create healthier habits, reduce stress, and build stronger connections—just in time for the season of renewal.</p>

***Register for all 2026 Webinars [here!](#)**