

2024

On-Demand Wellness Webcasts



SEMINAR

TOPIC

[Exercise Essentials: Getting and Staying Active!](#)

Exercise is easy to neglect when time or energy is short. Discover how to build an effective, sustainable workout with three key types of exercise.

[Emotional Exhaustion: Fighting the Fatigue](#)

Navigating relentless challenges can leave us feeling weary. Explore strategies that can help you regroup emotionally and re-spark vitality.

[Beating the “Blahs”: Small Steps to Flourishing](#)

Are you feeling aimless, flat, or bored with everyday life? Gain strategies to move into a more motivated and contented state of flourishing.

[Family Life: The Juggling Act](#)

Work, family, activities, commitments... are you trying to keep too many “balls” in the air? Explore how you can add balance and reduce stress.

[Under Pressure: Managing Workplace Stress](#)

You may not be able to escape from job stress, but you can learn to deal with it more effectively. We'll share coping strategies and proactive moves.

[The Power of Initiative](#)

Turning dreams into reality doesn't happen magically. Join us to discuss how to get past common roadblocks and start taking charge of your future.

[The Power of Connection: At Work](#)

Feeling disconnected can have a powerful impact on our work and well-being. We'll discuss challenges and how to build meaningful connections.

[Diversity: Let's Talk About It](#)

Diversity can be a challenging topic. We'll discuss why and explore how to build awareness and skills that support inclusivity and personal growth.

[Know Your Numbers](#)

BMI, BP, HDL, LDL! What does it all mean!? Get simple explanations of biometric numbers and ideas for improving them.

[Giving to Yourself: For Caregivers](#)

As caregivers, it's easy to slip into a pattern of giving all of our resources to others. It's time to change that. Join us to gain doable self-care strategies.

Wellness webcasts are courtesy of the Employee Assistance Program (EAP).

Replay of these on-demand seminars will be available at the links above until **DECEMBER 2024**.