

2025



On-Demand Wellness Webcasts



SEMINAR

TOPIC

<u>Ditch Your Excuses! Commit to a Healthy Lifestyle</u>	"I'll start tomorrow!" We all use excuses to justify choices, especially about what we eat or how we exercise. Learn how to overcome them for a healthier lifestyle.
<u>Not All Stress Is Created Equal</u>	Stress is universal, but how we react and respond is personal. Explore factors that shape your stress "style" and get targeted coping strategies.
<u>The Power of Connection: Healthy Relationships</u>	Science tells us that social connections are crucial to well-being. Join us to talk about what a meaningful relationship looks like and how to build them in your life.
<u>Endings & Opportunities: The Power of Acceptance</u>	Life is full of curveballs, closed doors, and unexpected endings. Learn how acceptance can reduce stress and help you open the door to new opportunities.
<u>Dreaming of a Good Night's Sleep</u>	Having trouble getting the sleep you need to feel refreshed? We'll take a look at factors that can disrupt sleep and share tips to help you reclaim your ZZZs..
<u>Emotional Fitness: Embracing Empathy</u>	Empathy is a superpower when it comes to supporting others... and ourselves! Join us to learn how to cultivate the skills and mindset and put it into practice..
<u>Minding Your Mental Health</u>	When investing in your health, don't forget mental health! Learn how self-care contributes to vitality and the role professional support can play.
<u>Eat Well to Feel Well: Food and Your Mental Health</u>	Studies show a direct relationship between what we eat and how we feel. We'll dig into the connection and share how to put a mood-boosting diet into practice.
<u>Everyday Mindfulness</u>	A mindful perspective has the power to reduce your sense of stress and boost your spirit. We'll talk about simple ways to weave it into everyday life.
<u>Age Is Just a Number: 50 and Beyond</u>	50 is the new 30! Or is it? Aging can bring new challenges, but also new opportunities. Discover many ways you can make the most of this stage of life.

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 2025**.