



ON-DEMAND WEBINARS | 2021



ACTIVE/FITNESS

- [Building Your Own Physical Activity Program](#)
- [Guided Mindful Approach to Walking](#)
- [Guided Meditation Give Yourself a Break](#)
- [Guided Daily Microbreak Stretches At Your Desk](#)
- [Guided Chair Yoga and Breathing Exercises](#)

BODY/PHYSICAL

- [Family Doctor-Do-List: Self-Care Schedules for All Family Members](#)
- [Ergonomics for Workspace at Home](#)
- [HBP and Stroke - What You Need to Know](#)
- [Men's Health For Every Age](#)
- [Colorectal Cancer Awareness](#)
- [Gut Health: Microbiome, Probiotics, and Overall Digestive Health](#)
- [Women's Health: Maintaining Your Health at Any Age](#)
- [Prepare for Flu Season and Get Your Shot](#)
- [Managing Diabetes - Understanding What Makes Blood Sugar Go Up and Down](#)
- [The Whole Tooth about a Healthy Smile](#)

[Note: Webinar Passcode: G8tkuKbH%G]

MENTAL/SELF-CARE

- [Create a Personal Vision](#)
- [Ways to Boost Happiness in Everyday Life](#)
- [COVID-19 - Building Resilience: You Can Do Hard Things](#)
- [Self-Care for Loneliness & Isolation](#)
- [Ultimate Balancing Act: A Healthy Work-Life Balance Working from Home](#)

MENTAL/SELF-CARE (continued)

- [Coping Through Adversity: Self-Care and Your Emotional Well-Being](#)
- [Coping Through Adversity: Building Your Resilience](#)
- [Coping Through Adversity: Cultivating Your Compassion](#)
- [Wellbeing and Resilience - Adjusting to Change and Reentry to the Workplace](#)
- [How to Better Manage Your Time](#)
- [Emotional Intelligence - 4 Must Skills to Develop your EQ](#)
- [Guided Meditation - Give Yourself a Break](#)
- [Stages of Behavior Change - A Model for the 6 Stages of Intentional Change](#)
- [Stress Management & A Healthy Mind](#)
- [Exercise Your Mind - Strengthen Focus, Memory, Agility](#)
- [Depression - Understanding Signs and Symptoms and Seeking Help](#)
- [Cultivating Wellness and Mindfulness](#)
- [Staying Healthy During the Holidays: Health and Mental Wellness](#)

NUTRITION/FOOD

- [Budget Better, Eat Better](#)
- [Plant-Based Eating](#)

SOCIAL/RELATIONSHIPS

- [Working with Difficult People](#)
- [Intergenerational Caregiving: Creative Solutions to Meeting the Needs of your Family](#)

