

2023  
-2024

# WELLNESS EDUCATION Webinar Schedule

Click the links  
to Register!



## SEPTEMBER

28: Wellness Program Launch 

## OCTOBER

04: Women's Health  
11: Family Health  
18: Men's Health  
19: Positive Parenting  
24: Maternity Night (5:30 PM)  
25: Lunch & Learn: Healthcare  
Provider Wellness Offerings

## JANUARY

10: Ready, Set, Goal  
11: Financial Wellness with Voya  
17: Strengthen & Stretch at  
Your Desk  
18: Budgeting While on Leave  
24: Eat Well, Live Well  
25: The 5 Buckets Principle  
31: Plant-Based Meal Planning

## APRIL

03: Emotional Intelligence  
10: Wake-Up Cardio & Stretch  
17: The Keys to Preventing  
Diabetes  
24: Maternity Night (5:30 PM)

## NOVEMBER

02: Managing Stress  
08: Dealing with the Elephant in the  
Room  
09: Lighten Up Your Day  
14: Cultivating Mindfulness  
29: Find Your Joy

## FEBRUARY

07: Smart Grocery Shopping &  
Label Reading  
08: SB County Wellness App  
Overview  
14: Managing Your Weight  
21: Preparing Healthy Meals &  
Dining Out

## MAY

01: Emotional Well-being  
08: Why Sleep Matters  
16: Food and Mood  
29: Skin Cancer & Heat Awareness  
30: Maximizing Your Benefits

## DECEMBER

05: Taking Care of Yourself  
07: Creating a Great Family Life  
13: Finding More Margin in your  
Day  
14: The Importance of Unplugging  
in a Virtual World

## MARCH

06: Resiliency for Working Parents  
07: Medicare 101  
13: Moving From Burnout to  
Brilliance  
20: Refresh, Renew, Repair Yoga

## JUNE - AUG

Summer Break

Wellness classes are held from 12:00 PM to 1:00 PM unless otherwise noted and should be attended on the employee's own time. Attendees are entered into prize raffle drawings. Winners are contacted via email.



[link.sbcountry.gov/wellness](http://link.sbcountry.gov/wellness)

Note: Must be a County employee to be eligible for prizes. All rewards are subject to inventory availability IRC tax codes.