



Wellness Wednesday

Physical & Mental Performance Webinars
12:00 pm PT | 1:00 pm MT

10/16/24 Mental Health and Movement
11/20/24 Surviving Holiday Stress
12/18/24 Reaching for Fitness
01/15/25 Conquering the Seasonal Blues
02/19/25 Wellness Benefits Highlights / Virtual PT
03/19/25 Effective Communications & Relationships
04/16/25 Nutrition Dejunked
05/14/25 Social Media & Mental Health
06/25/25 Depression & Heart Disease
07/16/25 Brain and Gut Connection
08/20/25 Take a Break - Prevent Burnout
09/24/25 Fad Diets vs Lasting Fixes



**Scan to Register
via III-A Calendar**