

PATHWAYS TO WELLBEING

2025 WEBINAR SERIES



FOCUS AREAS

January 29

Nutrition and Traditional Hispanic Foods (Education + Simple Cooking Demo)

> February 26 Men's Health

March 26 Women's Health



HORMONES, NUTRITION & METABOLISM

April 30

Metabolism 101: The Impact of Nutrition on Hormones

May 28

Transforming Habits for Improved Metabolism and Hormone Support

June 25

Foods that Encourage Healthy Hormone Production (Interactive Cooking Demo)



PAIN NO MORE

July 30

Customize Your Workstation for the Perfect Ergonomic Environment

August 27

Mastering Body Mechanics

September 24 Neck Pain No More



MIND MATTERS

October 29

How to Create a Healthy Money Mindset

November 19

Take Control of Your Mental Health: Changing and Controlling Our Thoughts Through Daily Behavior

December 17

Foods that Positively Impact Mental Health (Interactive Cooking Demo)

There are 2 ways to purchase: 1. Request this service with your Wellness Strategy Manager 2. Pay online <u>here!</u>
Within 3 business days of ordering you will receive promotional material to share with your employees.