

Learn Healthy Ways to Live Your Best

DISCOVER HEALTH NET'S WELLNESS WEBINARS

Join us for **free** wellness webinars in 2025 – made simple and convenient for you!

Learn more about better health. Sign up for one, or all, of our 45-minute webinars. Presented live and online, each webinar provides info on topics like heart health, how to sleep better and positive thinking.

You can join the monthly webinars in one of two ways:

- View them from your work station¹ at home or office.
- Safely gather (social distance) with co-workers in a workplace meeting room.¹

Plus, you can watch any of the past webinars you may have missed by visiting **www.healthnet.com**.

Once you sign up, you'll get an email before each session with the topic, date and time so you can adjust your schedule.



2025 Wellness webinar schedule

January	Navigating your Wellness Path
February	Get to the Heart of it: Emotions and Heart Health
March	Healthy Meals for Busy Lives
April	Alternative Health for Pain Management
May	Mindfulness in the Workplace
June	Social Well-Being 101
July	Wellness Tips while Traveling
August	Financial Well-Being: Where to Start
September	Active at any Age
October	Holiday Self-Care Essentials
November	Unified Self (How to Unite Mind/Body/Spirit)
December	Be Well in Winter



To sign up, visit www.healthnet.com > **Health & Wellness** > **Health Net Wellness Webinar Series**.

¹The worksite wellness webinars are scheduled on a monthly basis.