

2024 Wellness Wednesday Webinar's



Health and wellbeing are more than the absence of illness. Physical, mental, and spiritual health is important to be the best we can be each day. Join us as we mindfully practice strategies to achieve balance and improve our wellbeing.

To register for these dates and times, click the link and choose one or more of the webcasts. Click to view its details.

[CalPERS Wellness Wednesdays](#)



Webinar Presentations 12:00 PM to 1:00 PM

17th of January
Intuitive Eating

21st of February
Living Heart Smart

20th of March
The Way to Better Sleep

24th of April
Financial Fitness

15th of May
Battling Burnout

19th of June
Summer Safety: Beat the Heat

17th of July
Good for You, Good for the Planet

21st of August
A Guide to Reducing Your Cancer Risk

18th of September
A Balancing Act

21st of October
Practicing Kindness

20th of November
Making Food Work for You

18th of December
Your Strong & Healthy Back