

Choose
Do
Live

WELL

FOCUSED ON YOU. UNIVERSITIES OF WISCONSIN BENEFITS

Winter 2024

To live well, it is important to take care of yourself—physically, emotionally, and financially. One of the ways you can do that is by increasing your knowledge about various aspects of your well-being.

Below is a selection of upcoming webinars that are available to help keep your well-being on track! Most of the webinars require registration, last approximately 30-60 minutes, and all are listed in Central Standard Time (CST).

FINANCIAL HEALTH

WRS: PREPARING FOR YOUR RETIREMENT

February 22, 2024 6:00 pm

WRS: OVERVIEW OF THE WISCONSIN RETIREMENT SYSTEM

February 28, 2024 11:00 am

YOUR STEPPING STONES TO RETIREMENT

On Demand

WELL-BEING

WELL WI: DISCOVER THE DASH DIET WITH COOKING DEMONSTRATION

February 29, 2024 11:00 pm

EAP: EATING RIGHT FOR LIFE

March 13, 2024 12:30 pm

WELL WI: MAKE IT OK: STOP MENTAL ILLNESS STIGMA

March 27, 2024 12:00 pm

WELL WI: RADIO PODCASTS

On Demand

Ready to Register?

Register and view additional webinars
by scanning the QR code or visiting:

www.wisconsin.edu/ohrwd/well-being/webinars/

