

Choose
Do
Live

WELL

FOCUSED ON YOU. UNIVERSITIES OF WISCONSIN BENEFITS

Summer 2025

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: WRS BENEFITS-FOR NEW AND MID-CAREER EMPLOYEES

July 8, 2025 1:00 pm

WRS: PREPARING FOR RETIREMENT

July 23, 2025 6:00 pm

WRS: OVERVIEW OF THE WISCONSIN RETIREMENT SYSTEM

August 5, 2025 11:00 am

WELL-BEING

WELL WI: COOKING WITH SUMMER PRODUCE

July 21, 2025 12:30 pm

WELL WI: MENTAL HEALTH AND DIVERSITY

July 28, 2025 12:00 pm

EAP: MANAGING FEAR AND ANXIETY IN CHILDREN

August 13, 2025 12:30 pm

Ready to Register?

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

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

