

Choose
Do
Live

WELL

FOCUSED ON YOU. UNIVERSITIES OF WISCONSIN BENEFITS

Spring 2026

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: UNDERSTANDING YOUR ANNUAL WRS STATEMENT OF BENEFITS	<i>April 21, 2026</i>	<i>1:00 pm</i>
WRS: WRS BENEFITS FOR NEW AND MID-CAREER EMPLOYEES	<i>April 28, 2026</i>	<i>6:00 pm</i>
WRS: PREPARING FOR YOUR RETIREMENT	<i>May 21, 2026</i>	<i>6:00 pm</i>
WRS: OVERVIEW OF THE WISCONSIN RETIREMENT SYSTEM	<i>May 27, 2026</i>	<i>1:00 pm</i>

WELL-BEING

WELL WI: WOMEN'S HORMONAL HEALTH	<i>April 15, 2026</i>	<i>12:00 pm</i>
EAP: STAYING STRONG AND RESILIENT	<i>May 13, 2026</i>	<i>1:00 pm</i>

Ready to Register?

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

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

