

State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar from one of our trusted well-being partners. Click each title for course details and registration.

MONTH	HOST	TITLE	DATE	TIME
Ongoing	Well Wisconsin	Well Wisconsin Radio Podcasts	On-Demand	
	Well Wisconsin	Recorded Webinars	On-Demand	
	EAP	Recorded Webinars	On-Demand	
	Enterprise Wellness	Drop-In, Weekly Mindfulness Practice with Dan Tyler	Ongoing	Every Tuesday 11:40 am – 12:00 pm Add to Calendar
October	Well Wisconsin	Budgeting for Your Health	Oct 1, 2024	12:00 pm – 12:45 pm
	Well Wisconsin	Food and Mood	Oct 7, 2024	10:00 am – 10:45 am
	EAP	Caregiving	Oct 7, 2024	11:30 am – 12:30 pm
	EAP	Political Anxiety	Oct 9, 2024	12:30 pm – 1:30 pm
	Well Wisconsin	Starting Conversations Around Mental Health	Oct 10, 2024	12:00 pm – 12:45 pm
November	EAP	Holiday Survival Guide	Nov 13, 2024	12:30 pm – 1:30 pm
	Well Wisconsin	Breathing Easy During Lung Cancer Awareness Month	Nov 14, 2024	11:00 am – 11:45 am
	EAP	Financial Well-being: Social Security Retirement Planning	Nov 21, 2024	11:00 am – 12:00 pm
	EAP	Holiday Podcast Series: Wellness Tips for a Joyful Season	Series features 5, 10-minute-long podcasts. Links will be emailed weekly beginning November 25.	
December	EAP	Getting to Know Your EAP	Dec 4, 2024	1:00 pm – 1:45 pm
	Enterprise Wellness	Introduction to Mindfulness	Dec 5, 2024	12:00 pm – 1:00 pm
	Well Wisconsin	Understanding Seasonal Affective Disorder (SAD)	Dec 5, 2024	12:00 pm – 12:45 pm
	EAP	Navigating Decisions as a Family	Dec 11, 2024	12:00 pm – 1:00 pm
	EAP	The Connection Between Exercise and Mental Health	Dec 11, 2024	12:30 pm – 1:30 pm

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The links below are additional webinars (live and on-demand) and podcasts available.

- [Department of Employee Trust Funds \(ETF\) Webinars and Events](#): Live webinars and in-person events on state health benefits, retirement, and saving and investing.
- [State of Wisconsin Investment Board \(SWIB\) Podcasts](#): Podcasts to provide members of the Wisconsin Retirement System (WRS) timely information about the investments in the WRS.
- [Summit Credit Union Webinars](#): On-demand webinars on a variety of financial related topics.
- [UW Credit Union](#): In-person and online webinars on a variety of financial related topics

Note: Every effort has been made to ensure this information is current and correct. Information on this page does not guarantee enrollment, benefits and/or the ability to make changes to your benefits.

