

State of Wisconsin Employee Wellness Webinars

JANUARY – MARCH 2025

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

DATE	TIME	EVENT	HOST
Ongoing	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
Ongoing	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
Ongoing	On-Demand	Group Fitness Classes	Well Wisconsin
Ongoing	On-Demand	EAP Recorded Webinars	Well Wisconsin
Every Tuesday	11:40am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thursday	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
January 8	12:30pm – 1:30pm	Taking Control of your Finances	EAP
Wednesdays, January 8 – February 5	12:00pm – 12:30pm	Virtual Cooking Class: Prenatal and Postpartum Meals	Well Wisconsin
January 14	11:00am – 12:00pm	Overview of 2025 Well Wisconsin Program	Well Wisconsin
January 16	11:00am – 12:00pm	Building Good Credit and Improving your Credit Score	EAP
Thursdays, January 16 - January 30	1:00pm – 2:00pm	Workshop: Your “Why” for Well-being	Well Wisconsin
January 22	5:00pm	Onsite Event: Snowshoe or Winter Hike at Gov. Nelson State Park	Well Wisconsin
January 28	1:00pm – 2:00pm	Teaching Our Children about Money	EAP
Thursdays, February 6 – March 27	1:00pm – 2:00 pm	Workshop: Heart Healthy Living	Well Wisconsin
February 6	4:00pm	Onsite Event: WW Radio Sleep Interview	Well Wisconsin
February 12	12:30pm – 1:30pm	Increasing Mental Toughness	EAP
February 25	10:00am – 10:45am	Getting to Know your EAP	EAP
February 28	12:00pm – 12:45pm	Getting to Know your EAP – For Managers	EAP
Varies		March Well Wisconsin Events	Well Wisconsin
March 12	10:00am – 11:00 am	Mindfulness for Stress Relief	Enterprise Wellness
March 12	12:30pm – 1:30pm	How to Cultivate Compassion and Empathy in the Workplace	EAP
March 19	11:00am – 12:00pm	The Importance of the Family Bond	EAP

Updated December 2024



State of Wisconsin
Employee Wellness

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.

