

State of Wisconsin Employee Wellness Webinars

April-June 2026

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
On-going	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
On-going	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
On-going	On-Demand	Group Fitness Classes	Well Wisconsin
On-going	On-Demand	EAP Recorded Webinars	EAP
Every Tuesday	11:30am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thursday	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Wednesdays, April 1 – May 6	12:00pm – 1:00pm	Diabetes Workshop: Preventing Complications & Building Sustainable Habits for Life	Well Wisconsin
April 8	11:00am – 12:00pm	2026 Well-being Series for Leaders: Resilient Leadership	Enterprise Wellness
April 8	12:30pm – 1:30pm	Caring For Aging Loved Ones	EAP
April 15	12:00pm – 1:00pm	Women's Hormonal Health	Well Wisconsin
April 16	11:00am – 12:00pm	Managing Money in Tough Times	EAP
Varies	Varies	May Well Wisconsin Events	Well Wisconsin
May 5	11:00am – 12:00pm	Tune In Tuesday's: Mentally Healthy Culture – A Focus on Workplace Well-being	EAP
May 6	10:00am – 10:45am	Getting to Know Your Employee Assistance Program (EAP)	EAP
May 12	11:00am – 12:00pm	Tune In Tuesday's: Adaptability and Resilience: Thriving Through Change	EAP
May 13	11:00am – 12:00pm	2026 Well-being Series for Leaders: Mental Health: A Guide for Leaders	Enterprise Wellness
May 13	12:30pm – 1:30pm	Staying Strong and Resilient	EAP
May 14	12:00pm – 1:00pm	Managing Fear and Anxiety in Children	EAP
May 19	11:00am – 12:00pm	Tune In Tuesday's: Mindful Meditation	EAP
May 20	10:00am – 10:45am	Getting to Know Your Employee Assistance Program for Managers	EAP
May 26	11:00am – 12:00pm	Tune In Tuesday's: The Connection Between Mental Health and Exercise	EAP
May 27	12:30pm – 1:30pm	Dealing with Prolonged Grief	EAP
May 29	11:00am – 12:00pm	Investing In Their Future: The Power of a 529 College Saving Plan with EdVest	Enterprise Wellness
Varies	Varies	June Well Wisconsin Events	Well Wisconsin
June 10	11:00am – 12:00pm	2026 Well-being Series for Leaders: Compassionate Leadership	Enterprise Wellness
June 10	12:30pm – 1:30pm	Parenting Your Teen: Career and Life Goals	EAP
June 18	12:00pm – 1:0pm	Elevate Manager Training: Prioritizing Time to Promote Effectiveness	Well Wisconsin
June 18	1:00pm – 2:00pm	Mindfulness for Stress Relief	Enterprise Wellness

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Need help with a link? Contact us at wellness@wisconsin.gov



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 provide members of the Wisconsin Retirement System (WRS) with 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.

