

State of Wisconsin Employee Wellness Webinars

JULY - SEPTEMBER 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	EAP
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
July 9	12:30pm – 1:30pm	Business Etiquette	EAP
July 16	12:00pm – 1:00pm	Finding Relief with Kai Health: A Digital Approach to Managing Pain	Well Wisconsin
July 17	11:00am – 12:00pm	Taking Control of Your Finances	EAP
Mondays, July 21 – August 11	12:30pm – 1:00pm	Cooking Classes: Cooking with Summer Produce	Well Wisconsin
Wednesdays, July 23 – August 13	4:00pm – 5:00pm	Strength Training Virtual Group Fitness Classes	Well Wisconsin
July 24	11:00am – 12:00pm	Screen Guide	EAP
Mondays, July 28 – August 11	12:00pm – 1:00 pm	Workshop: Mental Health and Diversity	Well Wisconsin
Varies		August Well Wisconsin Events	Well Wisconsin
August 1	12:00pm – 1:00pm	2025 Well-being Series for Leaders: Make it Okay – Reduce Mental Illness Stigma	Enterprise Wellness
August 13	12:00pm – 1:00pm	Healthier Starts with You	Well Wisconsin
August 13	12:30pm – 1:30pm	Managing Fear and Anxiety in Children	EAP
August 27	10:00am – 10:45am	Getting to Know Your EAP	EAP
Varies		September Well Wisconsin Events	Well Wisconsin
September 4	12:00pm – 1:00pm	ELEVATE Management Series: Destigmatizing Mental Health Challenges	Well Wisconsin
September 10	12:30pm – 1:30pm	Estate Planning	EAP
September 23	12:00pm – 1:00pm	Parenting Your Parent	EAP

Updated June 2025



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.

