

State of Wisconsin Employee Wellness Webinars

July-September 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	Virtual 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, Jul 8 - Aug 12	12:00pm – 1:00pm	Diabetes Workshop: Sustaining Motivation	Well Wisconsin
July 8	12:30pm-1:30pm	Understanding Your Immune System	EAP
July 10	12:00pm – 12:15pm	Lunchtime Boost: Desk Strength	Well Wisconsin
July 16	11:00am – 12:00pm	Financial Fitness	EAP
July 21	10:00am – 11:00am	Mindfulness for Stress Relief	Enterprise Wellness
July 22	11:30 pm – 12:30pm	One Life: Empowering Your Journey to True Balance	EAP
August 11	12:00pm-1:00pm	Everyday Choices to Lower Cancer Risks	Well Wisconsin
August 12	12:30pm – 1:30pm	Sleep Basics	EAP
August 14	12:00pm – 12:15pm	Lunchtime Boost: Full Body Stretch	Well Wisconsin
August 19	11:00am – 12:00pm	2026 Well-being Series for Leaders: Managers Guide to Check-in Conversations	EAP
Wednesdays, Aug 19 - Sep 23	12:00pm – 1:00pm	Workshop: Healthy Aging	Well Wisconsin
Thursdays, Aug 27 - Sep 24	12:00pm-12:45pm	Cooking Series: Back to School Cooking for Busy Families	Well Wisconsin
Varies	Varies	September Well Wisconsin Events	Well Wisconsin
September 3	12:00pm – 12:45pm	Getting to Know Your EAP	EAP
September 9	11:00am – 12:00pm	Investing in their Future: The Power of a 529 College Savings Plan with Edvest	Enterprise Wellness
September 9	12:30pm – 1:30pm	Managing Priorities to Maximize Your Day	EAP
September 11	12:00pm – 12:15pm	Lunchtime Boost: Mindfulness	Well Wisconsin
September 14	1:00pm – 1:45pm	Getting To Know Your EAP: Manager	EAP
September 22	11:00am – 12:00pm	Keeping Your Aging Loved Ones Safe	EAP
September 23	11:00am – 12:00pm	2026 Well-being Series for Leaders: Suicide Prevention and Awareness for Managers	EAP
September 24	12:00pm – 1:00pm	ELEVATE Manager Series: Speaking Candidly with Your Team	Well Wisconsin



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.

