

State of Wisconsin Employee Wellness Webinars

OCTOBER - DECEMBER 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
Varies		October Well Wisconsin Events	Well Wisconsin
October 2	1:00pm – 2:00pm	Mindfulness for Stress Relief	Enterprise Wellness
October 3	12:00pm – 1:00pm	Well-being Series for Leaders: Starting Conversations Around Mental Health	EAP
October 8	12:30pm – 1:30pm	Making Decisions as a Family	EAP
October 10	12:00pm – 1:00pm	Biometrics – Know Your Numbers	Well Wisconsin
October 16	11:00am – 12:00pm	Importance of Having a Will	EAP
Varies		November Well Wisconsin Events	Well Wisconsin
November 11	1:00pm – 1:30pm	Getting To Know Your EAP	EAP
November 12	12:30pm – 1:30pm	Best Practices for Supporting Others	EAP
November 18	11:00am – 12:00pm	Dual-Career Relationships	EAP
Varies		December Well Wisconsin Events	Well Wisconsin
December 5	12:00pm – 1:00pm	Well-being Series for Leaders: Managers Guide to Self-Care	EAP
December 10	12:30pm – 1:30pm	Riding the Change Wave	EAP

Updated September 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.

