

State of Wisconsin Employee Wellness Webinars

October – December 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
October 7	12:00pm – 12:45pm	The Gut Microbiome and Mental Health	Well Wisconsin
October 9	12:00pm – 12:15pm	Lunchtime Boost: Standing Core	Well Wisconsin
October 14	12:30pm – 1:30pm	Handling Financial Stress	EAP
October 14	11:00am – 12:00pm	2026 Well-being Series for Leaders: Conflict Management for Managers	Enterprise Wellness
October 15	11:00am – 12:00pm	Eldercare Financial Planning	EAP
October 28	12:00pm – 1:00pm	Support for Managing Depression	Well Wisconsin
Wednesdays, Nov 4 – Dec 16	12:00pm – 1:00pm	Cooking Class - Knead to Nourish: Bread Baking for Wellness	Well Wisconsin
November 4	12:00pm – 1:00pm	My Retirement: A Financial Health Workshop	EAP
November 11	12:30pm – 1:30pm	Living with Gratitude	EAP
November 13	12:00pm – 12:15pm	Lunchtime Boost: Stability Yoga	Well Wisconsin
November 18	12:00pm – 1:00pm	Elevate Management Training: Fostering Resiliency to Prevent Burnout	Well Wisconsin
November 19	12:00pm-1:00pm	Helping Our Children Achieve Their Dreams	EAP
Varies	Varies	December Well Wisconsin Events	Well Wisconsin
December 1	9:00am – 9:45am	Getting to Know Your EAP	EAP
December 1	10:00am – 10:45am	Getting to Know Your EAP For Managers	EAP
December 9	11:00am – 12:00pm	Mindfulness for Stress Relief	Enterprise Wellness
December 9	12:30pm – 1:30pm	How to Forgive and Let Go	EAP



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.

