Be your best in 2020! Tune into webinars with your OEBB-dedicated wellness advisors. From wellness topics to program strategy, you’ll learn actionable tips and takeaways for improving your own health as well as ways to inspire wellness in your workplace.

January
Social Wellness:
Rallying Your Team; Recruiting Champions

February
Budgeting, Planning, & Empowerment for Financial “Wellth”

March
Nutrition:
The Simple Guide to Healthy Eating

April
Eco-Friendliness:
Tips & Tools to Reduce Plastic Usage & Food Waste

May
Sun Safety, Hydration, and Health Throughout The Summer

June
Summer vacation!

July
Summer vacation!

August
Strategies for Wellness:
Key Ingredients to a Successful Program

September
Pain-Free Movement/
Managing Chronic Care Conditions

October
Mindfulness & Stress Management

November
From A to ZZZ’s:
Optimizing Your Sleep

December
Movement:
Staying Active Through the Rainy Season

All webinars are on the second Wednesday of the month at 3:30 PM PST. To sign up, email oebbwellnessadvisors@modahealth.com.