

## Wellness Webinars 2020-21

*Joining and completing a webinar is equal to 25 WellSteps REWARDS points*

Monday, August 31<sup>st</sup>, 4:00 PM

**Getting Ahead of the Curve: Taking control of your wellness in COVID 19 times**

Monday, September 14<sup>th</sup>, 4:00 PM

**Wellness Program Overview: Wellness Program overview and information on opting-in to the Wellness Medical Plan 2021-22**

Monday, September 28<sup>th</sup>, 4:00 PM

**Mental Health Benefits: Employee Assistance Program and Regence Covered Services**

### **You Matter Series - emotional wellbeing series**

*Monday, October 19<sup>th</sup>, 4:00 PM – Topic pending*

*Monday, October 26<sup>th</sup>, 4:00 PM – Topic pending*

### **Financial Wellness Series with CapEd: Getting back on track after unexpected setbacks**

*November 2, 4:00 PM – Topic pending*

*November 9<sup>th</sup>, 4:00 PM – Topic pending*

*November 16<sup>th</sup>, 4:00 PM – Topic pending*

*Subject to change*