



Webinar Schedule

Wellness webinars are held at 12 PM, unless otherwise noted. All employees are encouraged to attend on their own time. Live attendees are entered into prize raffle drawings and will be contacted via email.

WATCH LIVE & RECORDED!



- 10.10.24 - Family Health
- 10.17.24 - Women's Health
- 10.22.24 - College Savings 101
- 10.24.24 - Healthy Mom, Healthy Baby
- 10.30.24 - Men's Health

- 11.05.24 - Watch Your Back: Back Care Basics
- 11.07.24 - Maternity Night (5:30 PM)
- 11.14.24 - Working with Your Health Care Provider
- 11.19.24 - Building Bridges: Collaboration at Work
- 11.20.24 - Healthy Celebrations

- 12.03.24 - Effective Communication at Work
- 12.05.24 - Find Your Joy
- 12.10.24 - Overcoming Burnout for Employees
- 12.11.24 - Finding More Margin in Your Day

- 01.08.25 - Getting Organized
- 01.09.25 - Financial Wellness
- 01.15.25 - Employee Assistance Program
- 01.16.25 - Strengthen and Stretch at Your Desk
- 01.23.25 - Ready, Set, Goal: Creating Healthy Habits
- 01.30.25 - Smart Grocery Shopping & Label Reading

- 02.05.25 - Managing Your Weight
- 02.11.25 - SBC Wellness App Exploration
- 02.13.25 - Preparing Healthy Meals & Dining Out
- 02.20.25 - Medicare 101
- 02.25.25 - Basic Leadership Skills for Everyone in Every Job
- 02.27.25 - Refresh, Renew, Repair Yoga



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- 03.06.25 - Wellness Offerings
- 03.11.25 - Resiliency for Working Parents
- 03.13.25 - Building Resilience
- 03.20.25 - Taking Care of Your Heart
- 03.25.25 - Boosting Your Positive Outlook
- 03.27.25 - Why Sleep Matters

- 04.03.25 - Fitness Your Way
- 04.08.25 - Financial Wellness
- 04.10.25 - Maternity Night (5:30 PM)
- 04.17.25 - The Keys to Preventing Diabetes
- 04.23.25 - Moving from Burnout to Brilliance

- 05.01.25 - Cultivating Mindfulness
- 05.08.25 - Wake-Up Cardio and Stretch
- 05.13.25 - Gratitude
- 05.15.25 - Managing Stress
- 05.22.25 - The Power of Social Connections & Your Health
- 05.27.25 - Maximizing Your Benefits
- 05.29.25 - Sun Safety

Note: Must be a County employee to be eligible for prizes. All prizes are subject to inventory availability and IRC tax codes.

