

# WELLNESS WEDNESDAY WEBINARS: Q3 '24

## SECOND WEDNESDAY OF EVERY MONTH

**12pm EST** – click the title to register for an upcoming session



- **July 10th - 12pm ET**

- [Back Pain & Back Health](#)

- Struggling with back pain? You're not alone. Get techniques to avoid injury, speed recovery and tips to maintain back health.



- **August 14th - 12pm ET**

- [Fit in Fitness with Less Time](#)

- August is National Wellness Month.

- Limited on time? Set SMART goals and get effective exercises you can do in less time



- **September 11th - 12pm ET**

- [Resiliency: Facing Tough Times](#)

- September is Self-Care Awareness Month! Learn strategies to cultivate resilience to better rebound from life's setbacks and challenges.

# 15-min MINDFUL MONDAY BREAKS: Q2 '24

## FOURTH MONDAY OF EVERY MONTH

**12:30pm EST** – click the title to register for an upcoming session



- **July 22nd - 12:30pm ET**

- [Making Time for Fun: Cultivating Joy](#)

- July is Social Wellness Month!

Discover how play and joy can refresh your spirit, lower stress, and enhance well-being.



- **August 26th - 12:30pm ET**

- [Guided Stretch Break](#)

August is National Wellness Month!

This revitalizing stretch break gives you quick and effective movements that you can seamlessly integrate in your workday.



- **September 23rd - 12:30pm ET**

- [Relaxation Break](#)

September is Self-Care Awareness Month!

Unwind and combat workplace stress with a relaxation exercise designed to release tension, reduce stress, and enhance focus.