

Wellbeing Webinar Schedule



14
JANUARY

Cultivating Wellbeing: Self Nurturing Strategies for Success

11 a.m. | 30 mins.
Taylor Hahn & Amanda Green

January offers a natural opportunity for reflection, renewal, and a fresh start. It's the perfect time to reset and set a positive tone for the year ahead. Prioritizing self-care goes beyond rest - it's about creating space for clarity, energy, and long-term wellbeing. Join us for a 30-minute webinar where you'll learn practical self-care strategies to help you start the new year with purpose and balance.

Register Here



11
FEBRUARY

Simple Movement for a Healthy Life: Practical Ways to Stay Active

11 a.m. | 30 mins.
Taylor Hahn & Amanda Green

Regular physical activity is a cornerstone of good health - it helps prevent chronic disease, supports mental wellbeing, and boosts energy and longevity. The good news? Movement is flexible and can be tailored to fit your lifestyle, whether it's a daily walk or strength training. Join us for a 30-minute webinar to discover simple, realistic ways to add more movement into your day and make it a sustainable part of your routine.

Register Here



Take a moment for yourself—join us each month for wellbeing insights!

www.MyKnowledgeBroker.com/Webinars



Register Here

Eat Well, Live Well: Healthy Eating Made Simple



11 a.m. | 30 mins.
Taylor Hahn - Strategic Wellbeing Consultant

Obesity rates continue to rise, increasing the risk of chronic conditions such as heart disease and diabetes. One of the most effective ways to support long-term health is by building a balanced plate - getting the right mix of nutrients from all food groups to support a healthy weight and overall wellbeing. Join us for a 30-minute webinar packed with practical tips and resources to help you nourish your body and make healthier food choices every day.



Register Here

Mindfulness in a Modern World: A Simple Path to Stress Relief



11 a.m. | 30 mins.
Taylor Hahn - Strategic Wellbeing Consultant

Mindfulness is a powerful tool for enhancing wellbeing - it reduces stress, improves focus, and strengthens emotional resilience. Chronic stress can take a serious toll on both mental and physical health, contributing to anxiety, sleep issues, and weakened immunity. Join us for a 30-minute webinar to explore simple, practical ways to incorporate mindfulness into your daily routine and support your overall health.



Register Here

More Than a Network: Building Bonds That Boost Collaboration



11 a.m. | 30 mins.
Taylor Hahn - Strategic Wellbeing Consultant

Building trust-based relationships means going beyond surface-level interactions to foster deeper connections grounded in mutual respect and long-term commitment. This approach not only strengthens professional networks but also encourages more meaningful and productive collaboration. Join us for this 30-minute webinar to explore the value of relational networking and learn how to shift from transactional exchanges to authentic, lasting relationships.



Register Here

Fit for the Job: Optimizing Ergonomics to Boost Comfort & Productivity



11 a.m. | 30 mins.
Lori Willkom - Health & Safety Consultant

A well-designed workspace - whether at a desk, on the floor, or on the move, is essential for comfort, safety, & productivity. Ergonomics involves adjusting tools, equipment, & work habits to reduce strain, prevent injury, & support long-term wellbeing across all types of work environments. Simple changes can help minimize fatigue, improve focus, & make the workday more manageable. Join us for this 30-minute webinar with Health & Safety Consultant Lori Willkom to learn practical ergonomics tips you can apply in your workplace - wherever that may be.