

Wellbeing Webinar Schedule



8

JULY

Roots of Wellbeing: How Nature Nurtures Our Health

11 a.m. | 30 mins.

Taylor Hahn - Strategic Wellbeing Consultant

Reconnecting with nature can restore a sense of balance, purpose, and connection. By observing the natural world and embracing sustainable practices, we not only support the health of the planet but also enhance our own wellbeing. Join us for a 30-minute webinar to explore simple, meaningful ways to strengthen your environmental wellbeing and make more mindful, eco-friendly choices in daily life.

Register Here



12

AUGUST

Wellness in a Wired World: Strategies for Mindful Technology Use

11 a.m. | 30 mins.

Taylor Hahn - Strategic Wellbeing Consultant

Technology can be both empowering and overwhelming. It connects us, simplifies tasks, and offers access to valuable resources - including tools that support mental health. But too much screen time can also lead to stress, anxiety, and disrupted sleep. Finding a healthy balance is key. Join us for a 30-minute webinar to explore how to engage with technology more mindfully - and in ways that support your overall wellbeing.

Register Here



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

www.MyKnowledgeBroker.com/Webinars



Register Here

The Future in Your Hands: Building Financial Security for All Generations

11 a.m. | 30 mins.

Bill Ernest - Financial Advisor

Financial security is a goal shared across all generations - but achieving it requires thoughtful planning and consistent action. Whether you're just starting career or nearing retirement, building lasting financial wellbeing means developing smart habits, setting clear goals, and using the right tools and resources. Join Financial Advisor Bill Ernest for a 30-minute webinar filled with practical tips to help you take charge of your financial future.



Register Here

The Cost of Chronic Conditions: Path to Prevention, Reduction, and Reversal

11 a.m. | 30 mins.

Taylor Hahn - Strategic Wellbeing Consultant

Chronic conditions are becoming more prevalent worldwide, driving up healthcare costs and impacting individuals' quality of life. The good news is that many of these conditions are preventable, reducible, or even reversible with simple yet powerful lifestyle changes - such as eating well, staying active, avoiding tobacco, and limiting alcohol consumption. Join us for a 30-minute webinar to discover practical strategies for improving your health and reducing the risk of chronic conditions.



Register Here

The Power of Sleep: Unlocking Your Full Potential

11 a.m. | 30 mins.

Taylor Hahn - Strategic Wellbeing Consultant

Sleep is a cornerstone of overall health, influencing everything from emotional wellbeing to physical and cognitive function. Poor sleep doesn't just leave you feeling fatigued - it's linked to serious health risks, including heart disease, diabetes, mental health challenges, and impaired brain function. Join us for a 30-minute webinar to explore strategies for improving sleep quality and enhancing your overall wellbeing.



Register Here

Building Resilience: Thriving Through Life's Challenges

11 a.m. | 30 mins.

Taylor Hahn - Strategic Wellbeing Consultant

Resilience isn't an innate trait - it's a skill that can be developed. Through mindset shifts, intentional practices, and life experiences, anyone can enhance their ability to manage stress and adapt to life's challenges. By viewing stress as an opportunity for growth rather than a threat, you can cultivate deeper emotional strength. Join us for a 30-minute webinar to discover practical strategies for building resilience and thriving in the face of adversity.

