



2025 Calendar



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Program

	THEME	ONLINE SEMINAR	DESCRIPTION Seminars can be found on your home page, or you can search for them by title.
JAN	Shine Your Light	Shine Your Light: Finding Your Inner Glow Available on Demand Starting Jan 21	Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.
FEB	One Step Closer	Stride Forward Available on Demand Starting Feb 18	Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.
MAR	Body to Brain	Harmony in Motion Available on Demand Starting Mar 18	Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.
APR	Organization	Clutter to Clarity: Organizational Skills for Better Living Available on Demand Starting Apr 15	Explore how mastering organizational skills can transform your daily life by boosting efficiency, reducing stress, and creating more mental space.
MAY	Unanswered Anxiety	Anxiety Unmasked Available on Demand Starting May 20	Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties.
JUN	Healthy Aging	Thriving at Any Age: A Guide to Healthy Aging Available on Demand Starting Jun 17	Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved wellbeing as you age.
JUL	Resilience and Adaptability	The Power of Resilience Available on Demand Starting Jul 15	Build mental and emotional resilience in a dynamic world. Learn practical strategies for enhancing wellbeing and confidently navigating change.
AUG	Community and Social Connections	Connectedness: Cultivating Meaningful Social Connections Available on Demand Starting Aug 19	Explore the impact of strong social ties, community engagement, and volunteering on wellbeing. Learn how to deepen connections for a more fulfilling life.
SEP	Social Media - Digital Health	Navigating Social Media for Mental Wellness Available on Demand Starting Sep 16	Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens.
OCT	Enlightened Workplace - Be Yourself	Authenticity at Work Available on Demand Starting Oct 21	Handle health challenges, prevent burnout, support diverse needs from neurodivergence to chronic conditions. Create a healthier, authentic workplace.
NOV	Sleep	Sweet Dreams: Strategy for Better Sleep and Better Health Available on Demand Starting Nov 18	Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest.
DEC	Proactive Wellbeing	Taking Charge Available on Demand Starting Dec 16	Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey.