

> Be well 2021

Be your best in 2021! Tune into webinars with your OEGB-dedicated wellness advisors. From wellness topics to program strategy, you'll learn actionable tips and takeaways for improving your own health as well as ways to inspire wellness in your workplace.

January

Embracing the new year:
How to reflect on 2020 and prepare your mindset for 2021

February

Heart health:
Supporting your cardiovascular system

March

Real food on a real budget:
How to save money by eating healthy

April

Feed your flora:
How to support a healthy gut

May

Tools for managing stress & creating a healthier mindset

June

Summer vacation!

July

Summer vacation!

August

Social wellness:
Rallying your team; recruiting your champions

September

Building a better immune system for lifelong health

October

From A to Zzz's:
Optimizing your sleep

November

Understanding sugar, carbohydrates & their effects on the body

December

Inflammation 101:
What it is, why it happens & how to reduce it

All webinars are on the second Wednesday of the month at 3 p.m. PT. To sign up, email oebbwellnessadvisor@modahealth.com.

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