

# 2024 Wellness Wednesday Webinars



Health and wellbeing are more than the absence of illness. Physical, mental, and spiritual health is important to be the best we can be each day. Join us as we mindfully practice strategies to achieve balance and improve our wellbeing.

To register for these dates and times, click the link and choose one or more of the webcasts. Click to view its details.

[CalPERS Wellness Wednesdays](#)



## Webinar Presentations 12:00 PM to 1:00 PM

17<sup>th</sup> of January  
Intuitive Eating

21<sup>st</sup> of February  
Living Heart Smart

20<sup>th</sup> of March  
The Way to Better Sleep

24<sup>th</sup> of April  
Financial Fitness

15<sup>th</sup> of May  
Battling Burnout

19<sup>th</sup> of June  
Summer Safety: Beat the Heat

17<sup>th</sup> of July  
Good for You, Good for the Planet

21<sup>st</sup> of August  
A Guide to Reducing Your Cancer Risk

18<sup>th</sup> of September  
A Balancing Act

21<sup>st</sup> of October  
Practicing Kindness

20<sup>th</sup> of November  
Making Food Work for You

18<sup>th</sup> of December  
Your Strong & Healthy Back