

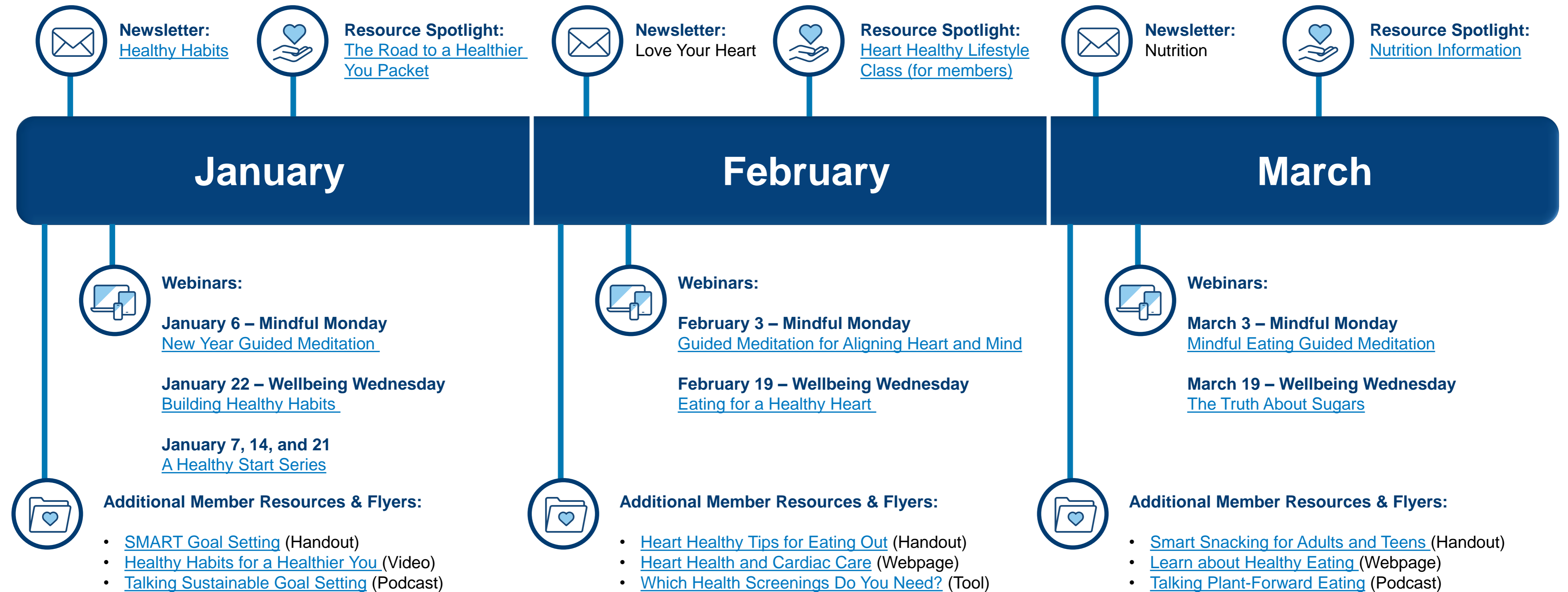
A woman with dark hair is sitting at a desk, writing in a notebook with a blue pen. She is wearing a dark-colored top with a small white floral pattern. The entire image is overlaid with a semi-transparent blue filter. The text 'Workforce Health Education 2025 Calendar' is written in white on the left side of the image.

# Workforce Health Education

## 2025 Calendar

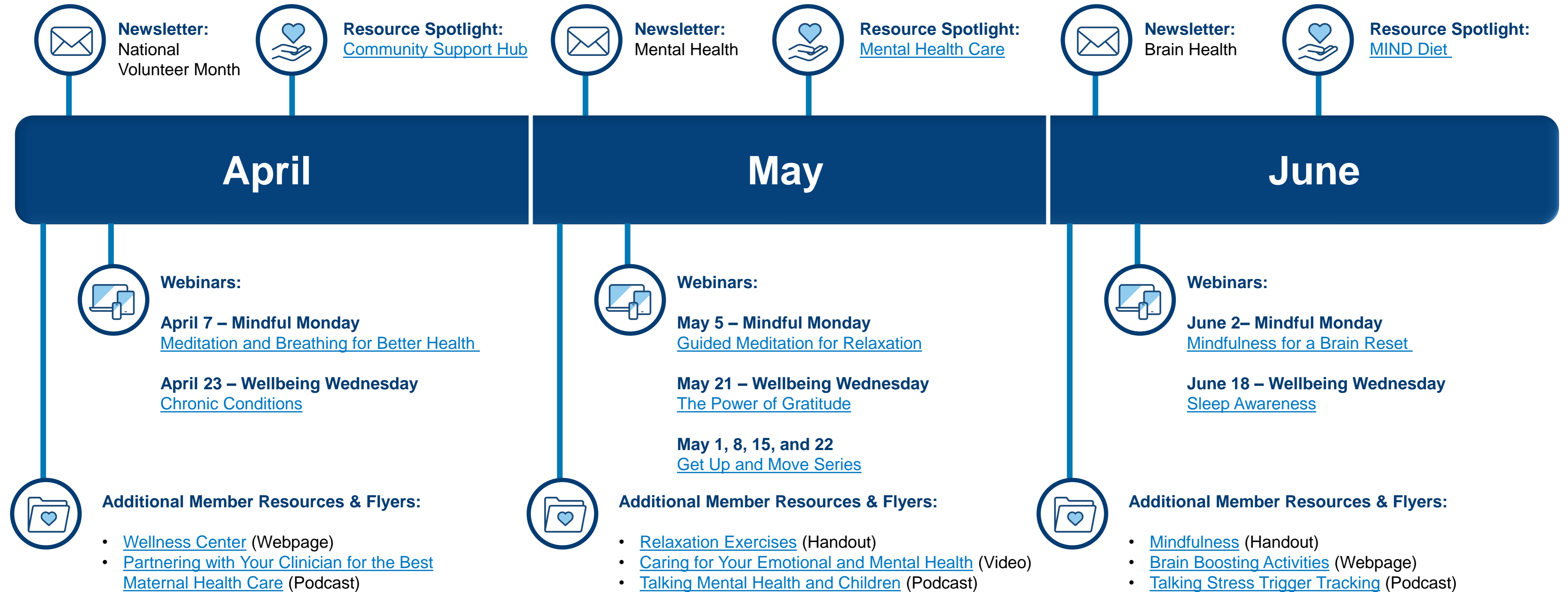


# Q1 2025 | Quarterly Emphasis: *A Healthy Start to 2025*



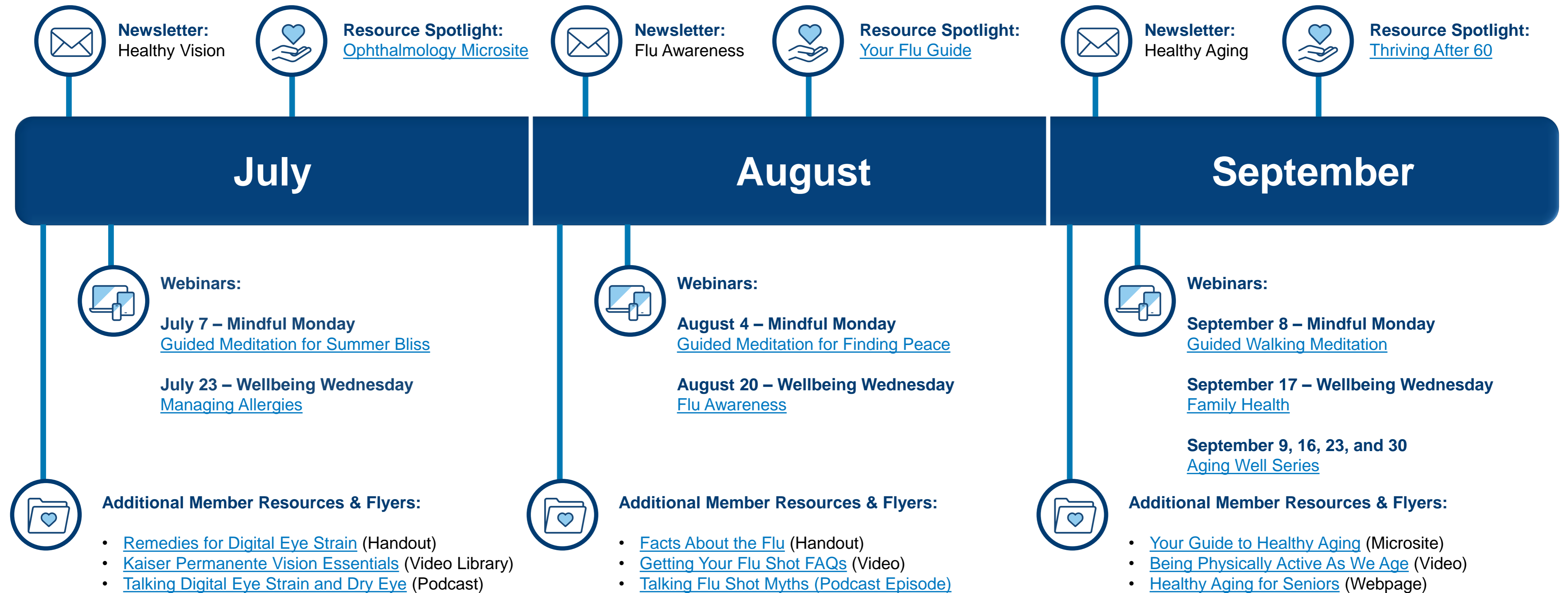
[Mindful Monday Multi-Registration Link](#) (includes past on-demand webinars)  
[Wellbeing Wednesday Multi-Registration Link](#) (includes past on-demand webinars)

# Q2 2025 | Quarterly Emphasis: *Move Your Body*



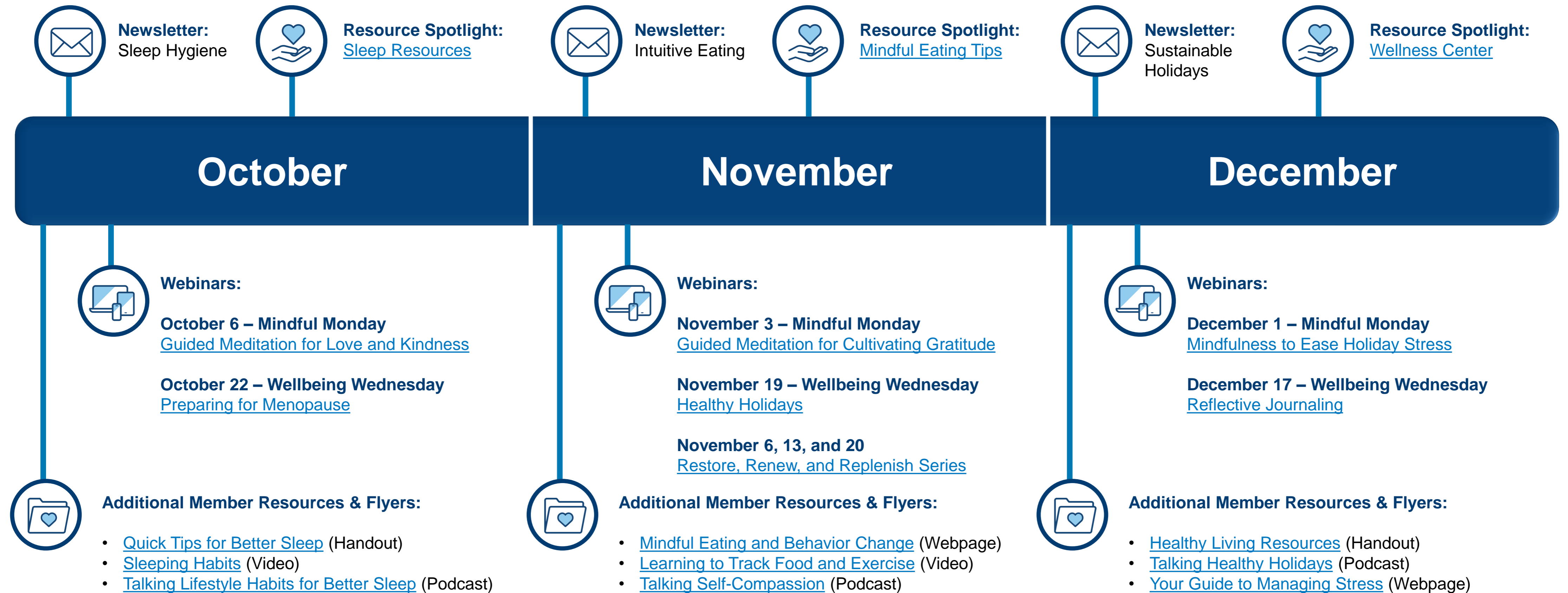
[Mindful Monday Multi-Registration Link](#) (includes past on-demand webinars)  
[Wellbeing Wednesday Multi-Registration Link](#) (includes past on-demand webinars)

# Q3 2025 | Quarterly Emphasis: *Care for All Ages*



[Mindful Monday Multi-Registration Link](#) (includes past on-demand webinars)  
[Wellbeing Wednesday Multi-Registration Link](#) (includes past on-demand webinars)

# Q4 2025 | Quarterly Emphasis: *Resting and Restoring the Mind*



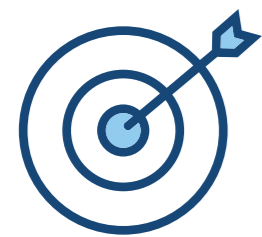
[Mindful Monday Multi-Registration Link](#) (includes past on-demand webinars)  
[Wellbeing Wednesday Multi-Registration Link](#) (includes past on-demand webinars)

# Quarterly Series Descriptions



# Q1: A Healthy Start Series

Have a healthy start to 2025 with this webinar series that covers goal setting and ways to stay on top of your health all year long.



## Ready, Set, Goal

Learn how to identify a behavior to target and explore ways to strengthen motivation to create habits that stick.



## Preventive Care Guidelines

Learn the importance of preventive care for preventing, finding, and managing health problems.



## Working with Your Health Care Provider

Learn about different health care providers, finding a care team you trust, and tips for making the most out of your appointments.





# Q2: Get Up and Move Series

May is National Physical Fitness Month. Learn tips to make fitness part of your lifestyle and challenge yourself to get moving more!



## Making Fitness Part of Your Lifestyle

Reflect on your personal barriers and create a physical activity action plan to add more fitness into your daily life.



## Take Ten to Thrive

Learn fun, simple, and effective bursts of exercise to warm up your muscles and improve your cardio, strength, and balance.



## Chair Yoga

Reduce stress, improve strength, and increase flexibility with this gentle form of yoga that can be done while sitting.



## Deskercise

Eliminate fatigue and stress, and enhance physical activity using stretches, muscle strengthening, and aerobic exercise.





# Q3: Aging Well Series

Learn tips to help you feel better, stay on top of your physical health, and take care of your mental wellbeing as you grow older.



## Healthy Aging

Explore components of lifelong healthy living including physical activity, healthy eating, and recommended tests and screenings.



## Find Your Balance

Review the benefits of staying active to improve strength, balance, and coordination, and learn safety tips to prevent falls.



## Balance and Core Demo

Learn simple, effective drills to help improve your balance and strengthen your core. No equipment needed!



## Self-Care for Caregivers

Explore resources available to help with caregiving and learn ways to take care of yourself, while caring for others.





# Q4: Restore, Renew, and Replenish

In this webinar series, explore three different areas of your health to focus on to improve your mind and body wellbeing.



## Better Sleep for Better Health

Learn about the importance of sleep for your physical and mental health, and tips for getting a good night's sleep.



## Digital Detox

Learn about the impact of digital devices on health and tips to “unplug” to rejuvenate the body and mind.



## Intuitive Eating

Learn to tune in to the body and mind to assess emotional hunger and honor your physical hunger.

