

Choose
Do
Live

WELL

FOCUSED ON YOU. UNIVERSITIES OF WISCONSIN BENEFITS

Fall 2024

To live well, it is important to take care of yourself—physically, emotionally, and financially. One of the ways you can do that is by increasing your knowledge about various aspects of your well-being.

Below is a selection of upcoming webinars that are available to help keep your well-being on track! Most of the webinars require registration, last approximately 30-60 minutes, and all are listed in Central Standard Time (CST).

FINANCIAL HEALTH

EDVEST 529 COLLEGE SAVINGS WEBINAR

November 26, 2024 11:30 am

WRS: PREPARING FOR YOUR RETIREMENT

December 5, 2024 6:00 pm

WDC: ENROLLMENT WORKSHOP

December 16, 2024 12:00 pm

YOUR STEPPING STONES TO RETIREMENT

On Demand

WELL-BEING

WELL WI: UNDERSTANDING SAD

December 5, 2024 12:00 pm

EAP: THE CONNECTION BETWEEN EXERCISE AND MENTAL HEALTH

December 11, 2024 12:30 pm

WELL WI: RADIO PODCASTS

On Demand

Ready to Register?

*Register and view additional webinars
by scanning the QR code or visiting:*

www.wisconsin.edu/ohrwd/well-being/webinars/

