


> Be well 2025

Be your best in 2025! Tune into webinars with your OEGB-dedicated wellness consultants. From wellness topics to program strategy, you'll learn actionable tips and takeaways for not only improving your own health, but also inspiring wellness in your workplace.


January

From Plate to Pillow:
Nutrition for
Improved Sleep 


February

Sun & Summer
Safety 


March

Empowering Yourself
in Today's Healthcare
System 


April

Body Positivity 

May

Safety in the Home 

June

Nourishing from Within:
A Dive into Nutrition for
Optimal Gut Health 


July

Summer break


August

Summer break


September

Burnout 


October

Embracing Change:
A Guide to Thriving
Through Menopause 

November

Carbohydrates for Sustained
Energy and Blood Sugar
Management 

December

Move Well:
Lower Back & Hips 



All webinars are on the **third Wednesday** of the month at 3:30 p.m. PT.
To sign up, click on the webinar topic or scan the QR code.

For questions, email oebbwellnessprogram@modahealth.com

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