

VIRTUAL EMPLOYEE LIVE WELL, WORK WELL WEEK

February 9 - 12, 2026

Attend live webinars on diverse well-being topics and activities!

Mon, Feb 9

Tue, Feb 10

Wed, Feb 11

Thu, Feb 12

12 pm
lunch
break

Stress Busting: Run from the Bear

30-minutes

Learn about stress and gain powerful stress management tools for every day.

Make Movement Your Mission

30-minutes

Discover ways to fit exercise into your busy schedule. No gym or equipment needed!

Boundaries Before Burnout

30-minutes

Learn how boundaries can improve self-care.

Cooking Demonstration

60-minutes

Healthy eating with Tammy Brawley from the Green Kitchen RVA.

3 pm
afternoon
break

Finding Your Flow

15-minutes

Find your natural happiness and work flow to create harmony in your day-to-day life.

Organize Your To Do List

15-minutes

Get organized, even with life's obstacles.

Picking out your Priorities

15-minutes

Identify your true priorities and find the time to act on them.

Maximize your Time

15-minutes

Master essential time management techniques and boost your productivity.

**Any
Time**

Ergonomic Webinar Recording

60-minutes

Take a self-assessment and discover how to improve comfort and efficiency at work.

Scan or click on the QR code
to access the portal!



Register for webinars
within the portal!