

Choose
Do
Live

WELL

FOCUSED ON YOU. UNIVERSITIES OF WISCONSIN BENEFITS

Winter 2025

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

WRS: OVERVIEW OF THE WISCONSIN RETIREMENT SYSTEM *February 20, 2025 11:00 am*

WDC: WISCONSIN DEFERRED COMPENSATION (WDC) 457 PROGRAM OVERVIEW *February 24, 2025 11:00 am*

WRS: PREPARING FOR RETIREMENT *March 11, 2025 11:00 am*

YOUR STEPPING STONES TO RETIREMENT (4 hours) *March 20, 2025 12:00 pm*

WELL-BEING

EAP: INCREASING MENTAL TOUGHNESS *February 12, 2025 12:30 pm*

WELL WI: COOKING CLASSES-COOKING WITH EGGS *March 5, 2025 10:00 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/

