

Well Wisconsin Workshops

Activities labeled as a "Workshop" are rewardable. Participants can earn their Well-being Activity credit by completing the entire workshop.

Diabetes Workshop: Preventing Complications & Building Sustainable Habits for Life, April 1—May 6, 2026.

- [Registration Link](#)

- Deadline to Register: March 30, 2026

Lowering Blood Pressure with the DASH Diet Workshop, May 13—June 17, 2026.

- [Registration Link](#)

- Deadline to Register: May 12, 2026

Diabetes Workshop: Sustaining Motivation, July 8—August 12, 2026.

- [Registration Link](#)

- Deadline to Register: July 7, 2026

Healthy Aging Workshop, August 19—September 23, 2026.

- [Registration Link](#)

- Deadline to Register: August 18, 2026