

# > 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, scan the QR code.

For questions, email [oebbwellnessprogram@modahealth.com](mailto:oebbwellnessprogram@modahealth.com)

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