



Be well 2023

Be your best in 2023! Tune into webinars with your OEBB-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

Optimizing sleep

February

Healthy fats

March

Healthy habits at home for families

April

Building a healthy & fun fitness routine

May

Resiliency

June

Summer break

July

Summer break

August

Reducing plastic usage and food waste

September

Inflammation

October

Burnout series

November

Burnout series

December

Burnout series



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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