

> Be well 2024

Be your best in 2024! 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

Realigning on our annual health goals [🔗](#)

February

Fermented foods for gut health [🔗](#)

March

Creating a functional fitness routine [🔗](#)

April

Healthy fats [🔗](#)

May

Tools for managing stress and creating a new mindset [🔗](#)

June

Foam Rolling 101: Restore & Re-energize [🔗](#)

July

Summer break

August

Summer break

September

Maintaining a healthy immune system [🔗](#)

October

Real food on a real budget [🔗](#)

November

From A to Zzz's: optimizing sleep [🔗](#)

December

Budgeting, Planning, and Empowerment for Financial "Wellth" [🔗](#)



All webinars are on the **third Thursday** 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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