



WEBINARS & EVENTS

December 2022

All times shown are Pacific time.

All webinars will be recorded. Interested, but can't make the date/time? Register anyway and get the recording emailed to you.



December 14, 3 – 4 p.m.
Creating a Functional Fitness Routine

Learn how to develop an exercise program that is unique to your health and fitness goals.

[DETAILS | REGISTER](#)

Holiday Bingo Challenge
Prioritize Your Health

Participate in a holiday bingo challenge.

[DETAILS](#)



December, on demand
Deep Relaxation for Better Sleep

Focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep. Use your Access Code (OEBB) to login and then select "Webinar".

[DETAILS | REGISTER](#)

December 15, 12 – 12:30 p.m.
Advanced Mindset

Get inspired on ways to improve your work and life in the new year.

[DETAILS | REGISTER](#)



December 15, 11-11:30 a.m.
Managing Holiday Stress and Seasonal Affective Disorder (SAD)

Learn ways to make it through the holidays and the winter months.

[DETAILS | REGISTER](#)



December 15, 3:30-4 p.m.
Individual and Collective Well-Being for School Staff, Educators & Administrators

Build resilience to improve overall job satisfaction and take care of your health as you work with other adults and serve youth.

[DETAILS | REGISTER](#)