











Wellness Webinar Schedule

January 2022 Recordings

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	 <p>Weight Loss that Works. Wellness that Works:</p> <p>Personalized wellness and weight loss</p> <p>WATCH NOW</p>	 <p>Willamette Dental Group</p> <p>Get the most from your WDG dental plan</p> <p>WATCH NOW</p>	 <p>healthy you Powered by WebMD One</p> <p>New Resource! Access trusted information on any health area</p> <p>WATCH NOW</p>	14
17	 <p>vsp Vision care for life</p> <p>Maximize your VSP vision benefits</p> <p>WATCH NOW</p>	 <p>moda HEALTH</p> <p>Wellness with Moda Health</p> <p>WATCH NOW</p>	 <p>KAISER PERMANENTE</p> <p>Wellness with Kaiser Permanente</p> <p>WATCH NOW</p>	21
24	 <p>uprisehealth</p> <p>EAP Services - Mental Health, work/life balance & more</p> <p>WATCH NOW</p>	 <p>Better Choices, Better Health.</p> <p>Support for ongoing health conditions</p> <p>EMAIL BCBH</p>	27	28