











Wellness Webinar Schedule

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11  Personalized wellness and weight loss (12-1 PST) REGISTER	12  Get the most from your WDG dental plan (12-1 PST) REGISTER	13  New Resource! Access trusted information on any health area (12-1 PST) REGISTER	14
17	18  Maximize your VSP vision benefits (12-12:30 PST) REGISTER	19  Wellness with Moda Health (12-1 PST) REGISTER	20  Wellness with Kaiser Permanente (12-1 PST) REGISTER	21
24	25  EAP Services - Mental Health, work/life balance & more (12-1 PST) REGISTER	26  Support for ongoing health conditions (12-1 PST) REGISTER	27	28