

Choose
Do
Live

WELL

FOCUSED ON YOU. UNIVERSITIES OF WISCONSIN BENEFITS

Spring 2025

To live well, it is important to take care of yourself—physically, emotionally, and financially. One of the ways you can do that is by increasing your knowledge about various aspects of your well-being.

Below is a selection of upcoming webinars that are available to help keep your well-being on track! Most of the webinars require registration, last approximately 30-60 minutes, and all are listed in Central Standard Time (CST).

FINANCIAL HEALTH

WRS: HOW TO USE ETF'S ONLINE RETIREMENT CALCULATOR

April 29, 2025 1:00 pm

WRS: PREPARING FOR RETIREMENT

May 6, 2025 11:00 am

WRS: UNDERSTANDING YOUR ANNUAL WRS STATEMENT OF BENEFITS

May 7, 2025 1:00 pm

WRS: OVERVIEW OF THE WISCONSIN RETIREMENT SYSTEM

May 27, 2025 6:00 pm

WELL-BEING

WELL WI: WELLNESS FROM WITHIN-BREATHING EXERCISES

May 6, 2025 12:00 pm

EAP: FEAR AND ANXIETY-MOVING FORWARD

May 14, 2025 12:30 pm

WELL WI: WELLNESS FROM WITHIN-REFLECTION THROUGH JOURNALING

May 27, 2025 12:00 pm

Ready to Register?

Register and view additional webinars
by scanning the QR code or visiting:

www.wisconsin.edu/ohrwd/well-being/webinars/

