

Choose
Do
Live

WELL FOCUSED ON YOU. UNIVERSITIES OF WISCONSIN BENEFITS

Spring 2024

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: UNDERSTANDING YOUR ANNUAL STATEMENT OF BENEFITS

April 18, 2024 11:00 am

WRS: PREPARING FOR YOUR RETIREMENT

May 8, 2024 11:00 am

EDVEST: SAVING FOR HIGHER EDUCATION

May 16, 2024 12:00 pm

YOUR STEPPING STONES TO RETIREMENT

On Demand

WELL-BEING

WELL WI: SUSTAINABLE HEALTH

April 22, 2024 1:30 pm

WELL WI: EXPLORE WELL WI MENTAL HEALTH RESOURCES

May 14, 2024 11:30 am

WELL WI: RADIO PODCASTS

On Demand

Ready to Register?

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

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

