



First Quarter 2022 Calendar

Employer webinars

[Success Stories from Virtual Well-Being and Drop 5 Virtual Weight-loss Community](#)

January 4, 2022

[Kintsugi](#)

January 11, 2022

[Digital Detox to Reconnect with Yourself](#)

January 18, 2022

[Exercise Frequency and Duration to Keep You Healthy as You Age](#)

January 25, 2022

[Mindful Mail Art Workshop](#)

February 1, 2022

[Fill Your Heart by Valentine's Day](#)

February 8, 2022

[Random Acts of Kindness Boost Your Well-Being](#)

February 15, 2022

[Self-reflection of Your Past 168 Hours](#)

February 22, 2022

[Nutrition Challenge: Eat Three Vegetables a Day for 21 Days](#)

March 1, 2022

[Chat with Dr. Kobernick about Preventive Care](#)

March 8, 2022

[Cultivating the Skill of Relaxation](#)

March 15, 2022

[Applying Resilience to Bounce Back from Failure](#)

March 22, 2022

[Well-Being 101](#)

March 29, 2022



Member webinars

[Healthy Habits 4-Week Challenge and Drop 5 Virtual Weight-loss Community](#)

January 6, 2022

[Kintsugi and Drop 5 Virtual Weight- loss Community](#)

January 13, 2022

[Digital Detox to Reconnect with Yourself and Drop 5](#)

January 20, 2022

[Exercise Frequency and Duration to Keep You Healthy as You Age and Drop 5 Virtual Weight-loss Community](#)

January 27, 2022

[Mindful Mail Art Workshop and Drop 5 Virtual Weight-loss Community](#)

February 3, 2022

[Fill Your Heart by Valentine's Day and Drop 5 Virtual Weight-loss Community](#)

February 10, 2022

[Random Acts of Kindness Day and Drop 5 Virtual Weight-loss Community](#)

February 17, 2022

[Self-reflection of Your Past 168 Hours and Drop 5 Virtual Weight-loss Community](#)

February 24, 2022

[Three Vegetables a Day Challenge and Drop 5 Virtual Weight-loss Community](#)

March 3, 2022

[Chat with Dr. Kobernick about Preventive Care and Drop 5 Virtual Weight-loss Community](#)

March 10, 2022

[Cultivating the Skill of Relaxation and Drop 5 Virtual Weight-loss Community](#)

March 17, 2022

[Applying Resilience to Bounce Back from Failure and Drop 5 Virtual Weight-loss Community](#)

March 24, 2022

[Well-Being 101 and Drop 5 Virtual Weight-loss Community](#)

March 31, 2022