

Choose
Do
Live

WELL

FOCUSED ON YOU. UW SYSTEM BENEFITS.

Spring 2023

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 60 minutes, and all are listed in Central Standard Time (CST).

FINANCIAL HEALTH

WRS: UNDERSTANDING YOUR ANNUAL WRS STATEMENT OF BENEFITS

April 19, 2023 11:00 am

WRS: HOW TO USE ETF's ONLINE RETIRMENT CALCULATOR

April 27, 2023 11:00 am

ESTATE PLANNING

May 1, 2023 12:00 pm

WELL-BEING

EAP: PARENTING YOUR TEEN: MANAGING CONFLICT AND PROBLEM SOLVING

April 12, 2023 12:30 pm

EAP: A BALANCING ACT FOR THE WORK AND PERSONAL LIFE SEESAW

May 10, 2023 12:30 pm

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/

