

SCHEDULE OF 2019-2020 WELLNESS WEBINARS

- Webinars will be held on the following Mondays at 4 PM
- Registration links will be sent to emails registered at wellsteps.com/boiseschools

September 16th: Wellness Overview – What you need to know about opting-in to the Wellness Medical Plan

September 30th: Hey... Watch Your Mouth! – Delta Dental of Idaho will review how to keep your teeth in tip-top shape, causes of gum disease and the importance of oral cancer screenings.

October 14th: The Power of Perspective - Reframing For Our Health and Wellbeing

October 21th: Your Work Matters- Reflecting on Balance, Purpose and Self-Care

October 28th: What Are You Thinking? –Approaches to Thinking Traps In an Overwhelming World

November 4th: Getting Ready for Financial Wellness – Financial stress impacts your health so prepare for the Holidays and more...

January 13th: Financial Wellness - Creating a Budget

January 27th: Financial Wellness - Debt Repayment

February 10th: Financial Wellness - FICO Score