

Choose
Do
Live

WELL

FOCUSED ON YOU. UW SYSTEM BENEFITS.

Summer 2022

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

WDC: YOUR JOURNEY TO RETIREMENT	<i>August 10, 2022</i>	<i>10:00 am</i>
WRS: HOW TO USE ETF'S ONLINE RETIREMENT CALCULATOR	<i>August 16, 2022</i>	<i>11:00 am</i>
WRS: PREPARING FOR YOUR RETIREMENT	<i>August 24, 2022</i>	<i>6:00 pm</i>
WRS: RETIREMENT BENEFIT CALCULATIONS	<i>August 31, 2022</i>	<i>6:00 pm</i>

EMOTIONAL HEALTH

TECHNIQUES FOR MANAGING YOUR STRESS	<i>August 10, 2022</i>	<i>12:30 pm</i>
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SOCIAL HEALTH

ESTABLISHING A GREAT RELATIONSHIP WITH YOUR CHILD'S TEACHER	<i>September 14, 2022</i>	<i>12:30 pm</i>
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WELL-BEING

WELL WI RADIO PODCASTS	<i>On Demand</i>
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Ready to Register?

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

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

