

2026 Wellness Webinar Series



Wednesday
May 20
Noon

Feed Your Feeds: Rewriting Your Digital Environment

Your online world has power — the power to inspire, inform, or overwhelm. This session dives into how your social feeds influence your mindset, motivation, and sense of balance. Discover strategies to consciously curate your digital spaces, making them reflect the life you want to build offline.



REGISTER HERE for webinar series.

Or copy and paste this URL into your browser: https://phs-org-corp.zoom.us/webinar/register/WN_FXITUXEdSdS1b_6LC3zxcg
Earn points on Wellness at Work after watching the webinar or recording.



Our webinars provide practical guidance to support your well-being and help you achieve better health.