

2026 Wellness Webinar Series



**Wednesday
January 21
Noon**

The Energy Trifecta: Eat, Move, Sleep, Repeat

Energy isn't found in a cup of coffee; it's created through synergy. This webinar brings participants back to the fundamentals of vitality: food as fuel, movement as momentum, and sleep as restoration. Through science-backed strategies and small habit shifts, learn how to align these three essentials to create a more energized, focused, and productive life.



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for webinar series.

Or copy and paste this URL into your browser: https://phs-org-corp.zoom.us/webinar/register/WN_pG2ORaLfsB22VNwHzv5SAw

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