

2026 Well-being Webinar Series



**Wednesday
September 16
Noon**

Strong Is the New Long: Muscle for Longevity

Muscle isn't just for movement — it's a mood booster and brain protector. Acting like an endocrine organ, muscle releases myokines that reduce inflammation, sharpen memory, and lift mood. Research shows people with more lean mass have lower risks of depression, dementia, and chronic inflammatory disease. This session unpacks the surprising science behind the muscle–mind connection and offers simple, practical ways to build resilience for both body and brain.



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