



# 2026 - Join our LIVE webinars and Improve your health

All CalPERS members (regardless of health plan enrollment) can earn rewards by attending webinars

## FEBRUARY

Thursday, February 5, 2026  
12pm

[Heart-Smart Nutrition: Eat Well, Live Well, Thrive](#)

Discover how simple, intentional food choices can profoundly impact your heart health and overall wellbeing.



## FEBRUARY

Thursday, February 19, 2026  
12pm

[Cooking Demo: One-Pan Mediterranean Chicken & Veggie Bake](#)

Heart-healthy recipe that is simple, fast, beautiful, and packed with cardioprotective nutrients



## MARCH

Thursday, March 5, 2026  
12pm

[Weight Loss Wisdom: What Actually Works and What Doesn't](#)

This wellness webinar We will cover the facts of metabolism, the habits that have the biggest impact, and how mindset, movement, and nutrition work together.



## MARCH

Thursday, March 19, 2026  
12pm

[The Sleep Advantage: Boost Focus, Mood, and Productivity](#)

Quality sleep isn't a luxury; it's a performance tool. In this session, we will explain how sleep directly impacts cognitive function, emotional resilience, decision-making, and overall well-being.



## APRIL

Thursday, April 2, 2026  
12pm

[Career Path: Reflect, Realign, and Reignite Your Professional Life.](#)

Pause, reflect, and realign with your career priorities. We'll discuss a framework that strengthens emotional well-being, improve productivity, and cultivates intention.



## APRIL

Thursday, April 16, 2026  
12pm

[Nervous System Reset: Tools to Break the Stress Cycle](#)

Chronic stress keeps the body stuck in survival mode, draining energy, disrupting focus, and making it harder to think clearly or feel in control.



## MAY

Thursday, May 14, 2026  
12pm

[Cooking Demo: Spring Glow Bowl with Lemon-Herb Tahini](#)

A bright, energizing bowl packed with fiber, healthy fats, and refreshing spring produce



## MAY

Thursday, May 28, 2026  
12pm

[Trauma to Triumph: Practical Tools for Emotional Recovery](#)

In this empowering session, participants will learn how trauma affects the nervous system Learn how recovery becomes possible through science-based practices.



## JUNE

Thursday, June 11, 2026  
12pm

[Financial Self-Care & Stress Reduction](#)

Attendees will learn simple self-care practices and stress-reduction tools that make financial management feel more manageable.



## JUNE

Thursday, June 25, 2026  
12pm

[Everyday Athlete: How to Train Smarter, Feel Stronger, Live Better](#)

You don't need to be an athlete to train like one. This webinar reframes fitness focused on building strength, mobility, and energy that inspires the athlete in you.



## JULY

Thursday, July 9, 2026  
12pm

[Mitochondria Matters: Energy & Disease Prevention for a Stronger Brain and Body](#)

Mitochondria plays a critical role in protecting you from disease. We will learn how nutrition, stress, sleep, and environmental exposure directly influence mitochondrial resilience.



## JULY

Thursday, July 23, 2026  
12pm

[Vision Science: Protect Your Eyes, Sharpen Your Focus](#)

Your vision shapes concentration, productivity, mood, and long-term cognitive health. Join us as we break down myths and offer evidence-based tools to support retinal health.



## AUGUST

Thursday, August 13, 2026  
12pm

[Blue Mind Science: The Healing Power of Water](#)

There's a reason we feel calmer and inspired near water. We will explore the research that reveals how water environments influence our brain, body, and emotional well-being.



## AUGUST

Thursday, August 27, 2026  
12pm

[Embracing Change: Tools to Navigate Life's Transitions with Confidence](#)

Change can challenge our identity and stir up uncertainty. Join us as we explore why change feels hard on the brain and nervous system.



## NOVEMBER

Thursday, November 5, 2026  
12pm

[The Anti-Inflammation Reset: How to Reduce Pain, Fatigue & Brain Fog Through Nutrition](#)

Chronic inflammation is one of the biggest drivers of pain, fatigue, digestive issues, and mood changes. Learn how nutrition can calm inflammation, restore energy, and support long-term health.



## NOVEMBER

Thursday, November 19, 2026  
12pm

[Today's Woman: The Top 5 Essentials for Physical & Mental Well-Being](#)

Today's woman is navigating more demands, more transitions, and more pressure. This webinar highlights how to increase physical vitality and thrive through every stage of life.



## DECEMBER

Thursday, December 3, 2026  
12pm

[Blood Sugar Balance: Eat for Energy, Focus, and Better Metabolic Health](#)

Blood sugar may be to blame for low energy, afternoon crashes, cravings, or trouble focusing. Learn how everyday eating patterns can either stabilize or sabotage the body's natural rhythm.



## DECEMBER

Thursday, December 17, 2026  
12pm

[The Sandwich Generation: A Collective Experience](#)

Caring for aging parents while supporting children places us in an overwhelming position. We'll discuss ways to seek support and build networks that make caregiving more sustainable.



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