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

<p>FEBRUARY Thursday, February 20, 2025 12pm</p> <p>Cooking Demo: Lemon Herb Chicken with Sweet Potato & Spinach/Kale Sauté</p> <p>This heart-healthy meal is packed with lean protein, fiber-rich sweet potatoes, and nutrient-dense spinach.</p> 	<p>MARCH Thursday, March 6, 2025 12pm</p> <p>The Sleep Cure: Fixing Rest Deficiency for a Healthier You</p> <p>Stop surviving on sleepless nights. Learn how to build a personalized sleep routine and fixing your rest habits.</p> 	<p>MARCH Thursday, March 20, 2025 12pm</p> <p>Built by Habit: The Power of Discipline for Lasting Change</p> <p>Discover proven strategies for overcoming procrastination and turning small actions into lifelong routines.</p> 	<p>APRIL Thursday, April 3, 2025 12pm</p> <p>Money Mindset Reset: Rewriting Your Personal Money Story</p> <p>Explore the psychology of money and learn how your financial beliefs impact your spending and saving habits.</p> 	<p>APRIL Thursday, April 17, 2025 12pm</p> <p>Savvy Shopping: Discover the Art of Smart Spending and Saving</p> <p>Stretch your dollars without sacrificing quality. Learn the art of intentional shopping.</p> 
<p>MAY Thursday, May 1, 2025 12pm</p> <p>Cooking Demo: Ground Turkey & Cabbage Rolls with Spicy Peanut Sauce</p> <p>Healthy low-carb cabbage rolls filled with seasoned ground turkey, and crisp veggies.</p> 	<p>MAY Thursday, May 15, 2025 12pm</p> <p>Managing Anxiety in a Fast-Paced World</p> <p>Understand the root causes of anxiety and learn how to break free from the anxiety cycle</p> 	<p>MAY Thursday, May 29, 2025 12pm</p> <p>Overcoming Imposter Syndrome and the Comparison Trap</p> <p>Explore the psychology behind imposter syndrome and the comparison curse that fuels self-doubt.</p> 	<p>JUNE Thursday, June 12, 2025 12pm</p> <p>The Modern Man: Unlocking Today's Top Health and Wellness Trends</p> <p>Discover cutting-edge men's health trends, from fitness and nutrition to mental resilience and preventive care.</p> 	<p>JUNE Thursday, June 26, 2025 12pm</p> <p>Blue Zone Secrets: Unlock the Longevity Lifestyle</p> <p>Discover the lifestyle habits of the world's longest-living people from regions known for health and longevity.</p> 
<p>JULY Thursday, July 10, 2025 12pm</p> <p>California Outdoors: Your Guide to Health and Adventure</p> <p>Embrace adventure year-round by turning California's natural beauty into your personal wellness playground.</p> 	<p>JULY Thursday, July 24, 2025 12pm</p> <p>Nature's Secrets for Mental and Physical Strength</p> <p>Tap into the grounding power of the natural world to build resilience in body, mind, and spirit.</p> 	<p>AUGUST Thursday, August 14, 2025 12pm</p> <p>Immunity Unlocked: Boosting Your Body's Natural Defenses</p> <p>Learn expert-backed tips that will help you stay energized, fight illness, and optimize your long-term health.</p> 	<p>AUGUST Thursday, August 28, 2025 12pm</p> <p>Winning the Fight Against Obesity with Science-Backed Strategies</p> <p>Learn sustainable strategies to break unhealthy cycles and achieve long-term healthier lifestyle choices.</p> 	<p>NOVEMBER Thursday, November 6, 2025 12pm</p> <p>Nutritional Myths Busted: What Science Really Says About Healthy Eating and Diets</p> <p>This webinar debunks common myths about diets, superfoods, and supplements.</p> 
<p>NOVEMBER Thursday, November 20, 2025 12pm</p> <p>Fuel Factor: Eating Smarter for Energy, Focus, and Peak Performance</p> <p>Learn how to build meals that supercharge your productivity, and sharpen your mental clarity,</p> 	<p>DECEMBER Thursday, December 4, 2025 12pm</p> <p>The Social Prescription: How Community Engagement Boosts Health and Happiness</p> <p>Explores how community engagement can lower stress, boost resilience, and even increase longevity.</p> 	<p>DECEMBER Thursday, December 18, 2025 12pm</p> <p>Friendship Factor: Build Authentic Lasting Friendships</p> <p>Learn to cultivate fulfilling relationships by embracing authenticity, empathy, and mutual respect.</p> 		

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