

WOMEN'S HEALTH WEBINAR SERIES



In this series, our content experts and coaches will discuss topics specifically geared towards women including:

- Physical health challenges and lifestyle approaches for women at every age, including key issues such as nutrition, exercise, reproductive health, and chronic disease management.
- Wealth-building strategies for women at every life stage and building financial resilience through budgeting and emergency savings.
- Common mental health disorders in women, the role of stress and burnout on our brains and emotions, and the impact of body image and self-esteem

1

Topic: Physical Health & Wellness for Women

Date: Wednesday, July 22, 2026

Time: 12:00 - 1:00pm CT

How to join: Join on Teams at the time of the event by clicking [here!](#)

Presenter: Stephanie Patek

2

Topic: Financial Wellness for Women

Date: Wednesday, August 5, 2026

Time: 12:00 - 1:00pm CT

How to join: Join on Teams at the time of the event by clicking [here!](#)

Presenter: DJ Enga

3

Topic: Mental Health & Wellness for Women

Date: Wednesday, August 19, 2026

Time: 1:00-2:00pm CT (*note different time than other sessions)

How to join: Join on Teams at the time of the event by clicking [here!](#)

Presenter: Sara Eklove

MEN'S HEALTH WEBINAR SERIES



Men often find it difficult to talk about their physical, financial, and mental & relational health & wellbeing. Let's move towards breaking that stigma! In this series, our content experts and coaches will discuss topics including:

- Preventative care & the physical changes men experience throughout aging
- Unique social and physiological challenges men experience across the lifespan
- Habits and behaviors around money management and barriers to financial wellness specific to men
- Lifestyle approaches like diet, activity, sleep and stress reduction that can improve quality & quantity of life

1

Topic: Physical Health & Wellness for Men

Date: Wednesday, July 29, 2026

Time: 12:00 - 1:00pm CT

How to join: Join on Teams at the time of the event by clicking [here!](#)

Presenter: Anthony Williams

2

Topic: Financial Wellness for Men

Date: Wednesday, August 12, 2026

Time: 12:00 - 1:00pm CT

How to join: Join on Teams at the time of the event by clicking [here!](#)

Presenter: DJ Enga

3

Topic: Mental Health & Wellness for Men

Date: Wednesday, August 26, 2026

Time: 12:00-1:00pm CT

How to join: Join on Teams at the time of the event by clicking [here!](#)

Presenter: Gary Atkins