

26 Wellness Webinars in 2026

August Wellness Webinars



The Importance of Hydration

Wednesday, August 12, 12:00 - 12:30 p.m.

Presenter: Kanchan Saagi, Registered Dietician, NYS Department of Health

Join us to learn what hydration is, why hydration matters, the biological functions of hydration, and practical tips to improve hydration. By the end of the webinar, participants will have an understanding that hydration is the most accessible, low cost, high impact health behavior that can meaningfully influence how people feel and function every day!

Sleep Hygiene Strategies

Wednesday, August 26, 12:00 - 12:30 p.m.

Presenter: Catherine Duffy, Stony Brook University, State University of New York

Do you have trouble getting to sleep or staying asleep? Sleep hygiene could be the tool to help you accomplish a more restful night. Join this webinar which will discuss sleep hygiene strategies and habits that promote consistent, restorative sleep.



Register on the Office of Employee Relations website or scan the QR code.