

26 Wellness Webinars in 2026

February Wellness Webinars



What Awaits You Outside in New York State

Wednesday, February 4, 12:00 noon

Presenter: Laura DiBetta and Tom Collins, NYS Department of Environmental Conservation (DEC)

Join the NYS DEC Office of Outdoor Recreation to learn the many ways people of all experience levels can enjoy the outdoors this winter. You'll also learn about DEC's public programs and tips on how to recreate safely and sustainably in the winter.

→ [Register for the Webinar](#)

Matters of the Heart: Heart Rate Training 101

Wednesday, February 18, 12:00 noon

Presenter: Shannon Van Hall, ACE CPT, HYDROX L1 Coach, ACE Group Fitness Certified

Train smarter, not harder. Learn the basics of how to use your heart rate to optimize your workouts. We'll show you how to calculate your target zones, increase your fitness efficiency, and improve your recovery time.

→ [Register for the webinar](#)



Wellness Webinars provide New York State employees and their families with expert-led education on health and wellness topics. Held twice per month, from 12:00 – 12:30 p.m. Some recorded sessions are available on the WellNYS Webinar website. For more information and to register to go <https://oer.ny.gov/wellnys-everyday>