

# 26 Wellness Webinars in 2026

## July Wellness Webinars



### Grief in the Workplace

**Wednesday, July 1, 12:00 PM - 12:30 PM**

**Presenter: Camille Engel, M.S. in Grief Counseling, NYS Office of Employee Relations**

Grief is a part of life, and it often shows up at work in quiet, unseen ways. Join us for a gentle, informative conversation about recognizing grief, navigating it while working, and how to create a more compassionate workplace.

### Self-Care Stacking: Small Habits That Change Everything

**Wednesday, July 15, 12:00 PM - 12:30 PM**

**Presenter: Tanya England, PhD, NYS Department of Education**

Join us as we share how self-care stacking can assist you with making positive changes in your life. This presentation will provide stress-reducing strategies that can be used in less than one minute, identify one practical action that you can use immediately, and so much more.

### Traveling With the Empire Plan

**Wednesday, July 29, 12:00 PM - 12:30 PM**

**Presenter: Emily Lang Anastasio, NYS Department of Civil Service, NYS Health Insurance Program (NYSHIP) Communications Manager**

Traveling this year and worried about finding care abroad or across the country? Join us to learn how Empire Plan benefits work across the United States and internationally.

→ **Register for the webinars on our website.**

