

26 Wellness Webinars in 2026

March Wellness Webinars



What are GLP-1 Medications and Does the New York State Health Insurance Program (NYSHIP) Pay for It?

Wednesday, March 11, 12:00 PM - 12:30 PM

Presenter: Molly Lamendola, Office of Employee Relations Employee Benefits Management Unit

Join us for a quick look at what GLP-1 medication is, who it's for, and if New York State Health Insurance Plan pays for it.

Protein! In All It's Glory

Wednesday, March 25, 12:00 PM - 12:45 PM

Presenter: Lindsey Cumoletti, Registered Dietician

In this workshop, we'll cut through the confusion and focus on what protein does in the body, how much we really need, and how to get it in a balanced, practical way.

Whether your goal is improving health, building strength, managing weight, or simply making better food choices, Registered Dietician Lindsey Cumoletti, will help you to understand how protein can make a big difference.

→ **[Register for the webinars on our website.](#)**

