

26 Wellness Webinars in 2026

May Wellness Webinars



Make Mental Health Matter: How to Navigate the Empire Plan Mental Health Benefits

Wednesday, May 13, 12:00 PM - 12:30 PM

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

May is Mental Health Awareness Month. Navigating mental health care should be simple and convenient. Join this presentation to learn about the benefits, telehealth, and programs available to NYSHIP members so that you and your enrolled dependents have all the tools needed to thrive.

Finding Success with Personal Finances

Wednesday, May 27, 12:00 PM - 12:30 PM

Presenter: Linda Carignan-Everts, Wellness Coordinator, NYS Office of Employee Relations

Being successful with personal finances doesn't just happen. It takes doing the work and making conscious decisions every day on how to spend and save money. This webinar will share information on saving for an emergency fund, living with a budget, the importance of paying off debt faster, and how to find peace managing your finances.

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

