

26 Wellness Webinars in 2026

September Wellness Webinars



Choose Your Challenge with a Partner

Wednesday, September 9 , 12:00 PM - 12:30 PM

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

Join us as we share Fun Wellness Challenges to do with a partner such as the Digital Detox, Push-Up and Squat, one mile per day, Downsize Your Dinnerware, and many more. Learn more about the 50 Day Choose Your Challenge with a Partner Program which begins on September 14 and concludes on November 1.

The Care and Feeding of Houseplants

Wednesday, September 30, 12:00 PM - 12:30 PM

Presenter: Lee Ryan, Master Gardener, Cornell Cooperative Extension

Did you know taking care of houseplants can lower stress hormones, reduce blood pressure, and improve focus? Join Lee Ryan, a master gardener from Cornell Cooperative Extension, to hear all the tips and tricks to keeping your houseplants alive and well.

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

