Employee and Retiree Service Center
The Bulletin—November 4, 2026

Upcoming Webinars from Well Aware

Take a Stand
Do you find yourself in a sitting position for an extended length of time due to work? Have you been struggling with back pain from sitting too much? Sitting for prolonged periods of time can be detrimental to the body in terms of posture, muscle balance, and increasing risks of injury. In this workshop, you will learn about stretches and exercises that you can do at your desk to improve your workstation wellness. Tips and tricks for incorporating movement throughout the workday will be discussed.

Thursday, November 19, 2026
Webinar
5:00 p.m.

Fascial Self-Care: Unlocking Longevity
Discover the keys to fluid movement and physical revitalization in a specialized 90-minute workshop. Led by wellness expert Tanya Ford, this interactive session dives deep into the science of fascia—the body's critical connective tissue network—and its vital role in reducing daily physical strain. You will learn practical, easy-to-use self-care techniques to relieve tension from long school days, boost your daily energy, and improve long-term mobility. Join us to prioritize your well-being and walk away with actionable strategies to keep your body feeling vibrant, balanced, and resilient.

Saturday, November 21, 2026
Webinar
12:00 p.m.

To register for one or both these webinars, email Well Aware.