

Employee and Retiree Service Center  
*The Bulletin*—February 11, 2026

### **February Wellness Webinar—*Heart Healthy Living Webinar***

Join Well Aware for this month's wellness webinar, *Heart Healthy Living*. This webinar aims to empower individuals with knowledge and resources to make informed decisions regarding their cardiovascular health. Engage with healthcare professionals and gain insights into enhancing heart health through lifestyle modifications. The webinar will be held on Monday, February 23, 2026, at 5:00 p.m. [Email Well Aware](#) to register. After registering, you will receive a link to the webinar in your Outlook email as well as an Outlook calendar reminder.