



# Webinar Buffet 2024 – 2025

Earn gift cards while learning about different wellness topics!

The Webinar Buffet is open to all employees. Only MIIA/Blue Cross subscribers on an active plan can earn rewards.

As part of your MIIA health plan, you can participate in free wellness webinars each month. To maximize convenience, all webinars can be completed on your own time, anywhere (however they must be completed during the month that they are offered). Choose the webinars that interest you the most. Each month, your employer's wellness champion will email you our monthly wellness e-newsletter, including the details of that month's Webinar Buffet. The Webinar Buffet can also be found on your MIIA Member Portal.

## The MIIA Webinar Buffet

A variety of short pre-recorded webinars focusing on fitness, nutrition, stress management and more! Complete at least 5 out of 12 webinars, including quiz questions, by August 31, 2025 and earn a \$50 Amazon gift card. (Please note, all gift cards will be sent in early September 2025 regardless of when you complete the 5 webinars)

No catch up – webinars must be completed by end of the month. Deadline will be noted on the monthly promotional flier you receive in the e-newsletter.

### Wellbeing Buffet

September	Dementia 101
October	<b>NEW:</b> Meeting Stress with Mindfulness
November	Alcohol Benefits and Risks
December	<b>NEW:</b> Micro Workouts, Effective workouts in 10 minutes or less
January	Transformative Resolutions: A Guide to Effective Habit Change in the New Year
February	<b>NEW:</b> Preventing and Managing Osteoporosis, Osteopenia, and Sarcopenia through Exercise
March	<b>NEW:</b> Pilates for EveryBODY: Series of 5
April	<b>NEW:</b> Understanding the Health Risks of Eating Ultra Processed Foods
May	<b>NEW:</b> Mindfulness and Menopause
June	<b>NEW:</b> Mind Matters: Healthy habits to boost brain health
July	<b>NEW:</b> Intro to Gluten-Free Diet
August	Intro to Mediterranean Diet