

Webinar Buffet 2026–2027



Earn gift cards while learning about different wellness topics!

The Webinar Buffet is open to all employees. Only MIIA/Blue Cross subscribers* 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 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.

*Retirees included

Webinar Buffet

September	Strokes are 80% Preventable - What can you do?
October	Health Benefits of Being in Nature
November	Legumes: The Pantry MVP
December	Parkinson's Disease 101: Basics and Beyond
January	Declutter to Destress: Why Clutter Stresses You Out
February	Pilates for EveryBODY: Pilates 101
March	Dementia on the Frontlines: Clear Communication for Confusing Moments
April	Fit It In: Exercise Snacking for Busy Workdays
May	Is Buying Organic Worth the Cost?
June	Ayurvedic 101

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 10 webinars, including quiz questions, by June 30, 2027 and earn a \$50 gift card. (Please note, all gift cards will be sent in early August 2027 regardless of when you complete the 5 webinars)