

# Webinar Buffet 2025–2026



## 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	10 Minute Desk Stretches
October	<b>NEW:</b> Pilates for EveryBODY: Spinal Health
November	<b>NEW:</b> Healthy Sheet Pan Dinners Made Easy
December	<b>NEW:</b> DASH-ing Through the Holidays with Healthy Holiday Eating
January	<b>NEW:</b> Fizz the Season for a Fresh Start
February	<b>NEW:</b> Meeting Physical Pain with Mindfulness
March	<b>NEW:</b> Strokes are 80% Preventable - What can you do?
April	<b>NEW:</b> Mobility Made Simple, Move Smarter, Live Stronger
May	<b>NEW:</b> The Spice is Right
June	Preventing and Managing Osteoporosis
July	Mindfulness and Menopause
August	Pilates for Everybody

### 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, 2026 and earn a \$50 Amazon gift card. (Please note, all gift cards will be sent in early September 2026 regardless of when you complete the 5 webinars)