

Our 2026 webinar series



Helping you optimize your physical, mental and financial wellbeing

February 18

The power of good habits: why and how to optimize your contributions

March 11

Fundamentals of group insurance: improve your understanding to make informed decisions

April 8

Budget: tips and strategies for your financial wellbeing

May 13

Prioritizing mental health: a practical guide to your total wellbeing – Part 1

May 20

Prioritizing mental health: a practical guide to your total wellbeing – Part 2

June 10

Weight management: concrete support to improve your wellbeing

September 16

Welcome to Canada! Understanding your eligibility for government programs

October 14

Women's health: a closer look at sexual and reproductive health, and fertility

November: Financial Literacy Month

November 4

Securing your future: mastering financial strategies for a worry-free retirement

November 11

Active aging: wellbeing and physical health in retirement

November 18

Retirement: nurturing your mental and emotional health

November 25

Navigating and embracing a fulfilling retirement lifestyle

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