

Employee and Retiree Service Center
The Bulletin—September 17, 2025

September Wellness Webinar—Kickstart Your Immunity

Enhancing the immune system is not a process that can be accomplished through a singular approach. It necessitates an integration of both medical interventions and holistic practices to cultivate a resilient and flexible body. By employing a variety of wellness strategies, individuals can significantly reduce the likelihood of encountering health issues during the viral season and throughout the whole year. This multifaceted approach allows for a comprehensive enhancement of overall well-being.

Thursday, September 25, 2025

Webinar

4:30–5:30 p.m.

Please register for the webinar by emailing [Well Aware](#). You will receive a link in your Outlook email, as well as an Outlook calendar reminder.

Spread the word with our [printable flyer](#). See the [Wellness Webinar Library](#).

Be sure to check out upcoming wellness programs, classes, and resources on the [Well Aware News web page](#) and in the [Well Aware Wellness Toolbox](#).