



PROACTIVE WELL-BEING KICK-OFF WEEK

Seattle Human Resources (SHR) is launching a new citywide initiative, Proactive Well-being, with learning opportunities via webinars, podcasts, and online activities.

Proactive well-being is about prioritizing your health and taking intentional actions to achieve a balanced lifestyle. Let's shift our mindsets from reactive to proactive.

With Proactive Well-being, we aim to:

- Embrace a whole-person holistic approach
- Build a population of savvy healthcare consumers who maximize their benefits
- Promote engagement with benefits and programs

JAN 22-26, 2024

WEBSITE

- Recorded Webinars
- Programs & Resources
- Helpful Links

REACH WELL-BEING

- Virtual activities & challenges
- Log in & explore

PODCASTS

- Education and motivation in small bytes



WEBINARS SCHEDULE

Employees may explore Proactive Well-being themes from the schedule below.
Attend up to 2 hours on City time with supervisor's approval.

Featured webinars with a teaser podcast are indicated in bold text.

MONDAY - JAN 22

What is Proactive Health?

1:00 pm - 2:00 pm

[Register](#)

TUESDAY- JAN 23

Accolade: Your Proactive Health Advocate

10:00 am - 11:00 am

[Register](#)

Making an Annual Well-being Plan

11:00 am - 12:00 pm

[Register](#)

Inflammation, Diet & Disease

12:30 pm - 1:30 pm

[Register](#)

WEDNESDAY - JAN 24

Aging Wisely

9:00 am - 10:00 am

[Register](#)

Proactive Health in the BIPOC Community

12:00 pm - 1:00 pm

[Register](#)

THURSDAY - JAN 25

Alternative Medicine

11:00 am - 12:00 pm

[Register](#)

Clean Living

1:00 pm - 2:00 pm

[Register](#)

FRIDAY - JAN 26

Maximizing Your Brain Potential

10:00 am - 11:00 am

[Register](#)

Preventing and Reducing Pain

12:00 pm - 1:00 pm

[Register](#)

[Click to preview podcasts for Featured Webinar topics](#)