



2026 LifeMatters Webinars

New webinars are available on demand each month.

To watch, go to mylifematters.com and sign in using your registered account.

January

BASIC Essential Elements of Wellbeing

Evaluate your current strengths and determine what areas of your life may benefit from additional attention. [Sign up for an email alert.](#)



February

Heart Risks for Men

Review heart disease risks and preventative measures. [Sign up for an email alert.](#)



Social Determinants in the Workplace, Part 1 (for Managers and Human Resources)

Explore how understanding social determinants within the workplace can lead to healthier and more engaged work environments. [Sign up for an email alert.](#)



March

Exposing Common Healthy Eating Myths

It can be difficult to eat healthy. This webinar will review some common nutrition mistakes and provide tips for recognizing deceptive food labels. [Sign up for an email alert.](#)



April

Autism

Review general information about autism spectrum disorder (ASD) and learn about helpful strategies and resources. [Sign up for an email alert.](#)



May

Peace in Chaos

Explore strategies to help you reset, recharge, and find your balance, even when things seem out of control. [Sign up for an email alert.](#)



Social Determinants in the Workplace, Part 2 (for Managers and Human Resources)

Explore how understanding social determinants within the workplace can lead to healthier and more engaged work environments. [Sign up for an email alert.](#)



June

Healthy Families, Healthy Future

Review how both immediate and extended family can help to nurture a child's potential and set them on the path to success. [Sign up for an email alert.](#)



July

Exercise and Brain Health

Learn how maintaining regular physical activity will help to keep both mind and body active as you age. [Sign up for an email alert.](#)



August

Understanding the “Tough” Persona

Societal pressures may sometimes make it harder for men to connect with others. This webinar will review ways to let go of expectations and live more authentically. [Sign up for an email alert.](#)



Social Determinants in the Workplace, Part 3 (for Managers and Human Resources)

Explore how understanding social determinants within the workplace can lead to healthier and more engaged work environments. [Sign up for an email alert.](#)



September

Chronic Illness and Stress

Explore how to manage the stress of chronic illness and provide support to those who may be coping with it. [Sign up for an email alert.](#)



October

Menopause and its Impact on Mental Health

Explore how the hormonal changes that happen during menopause may impact mental health. [Sign up for an email alert.](#)



November

Gratitude: Appreciate Your Co-Workers

Learn how practicing gratitude can pay dividends at work and strengthen the relationships you build with your colleagues. [Sign up for an email alert.](#)



Social Determinants in the Workplace, Part 4 (for Managers and Human Resources)

Explore how understanding social determinants within the workplace can lead to healthier and more engaged work environments. [Sign up for an email alert.](#)



December

New Year, New You

Whether you want to eat healthier, increase life balance, develop stronger relationships, or find more joy, this webinar will help you consider what you want the coming year to be. [Sign up for an email alert.](#)



To Watch a Webinar:

- Go to mylifematters.com and create a registered account.
- Select "Webinars" from the top menu and locate the webinar you would like to watch.
- Pre-recorded webinars will be available in the month listed.
- Use the link or QR code above to sign up for an email alert when a webinar becomes available.
- Transcripts for archived webinars are available upon request.

