

# 2025 STRIVE WEBINARS



WEDNESDAYS, 12:00 - 12:30 PM EST

- 1/29 New Beginnings: The Psychology of Starting Fresh**  
Explore the mental and emotional benefits of embracing new beginnings. Learn how to harness these advantages for goal setting, effective time management, and achieving both personal and professional milestones.
- 2/26 Gut Health: The Microbiome and Your Well-being**  
Explore how your microbiome affects your well-being, and gain insights into diet tips and lifestyle changes to optimize your gut health and enhance your quality of life.
- 3/26 Thriving With Purpose: Aligning Actions with Values**  
Identify your core values and align your actions to create a purpose-driven life. Discover methods for integrating your personal and professional goals with your values to achieve greater fulfillment.
- 4/30 Epigenetic Wellness: Rewriting Your Genetic Destiny**  
Explore how your lifestyle choices can impact gene expression and influence your health. Discover practical strategies for optimizing wellness through epigenetic changes and take control of your genetic potential.
- 5/28 Health Tune-Up: Essential Maintenance for Peak Performance**  
Uncover key strategies for optimal health and performance. This webinar covers essential practices in nutrition, exercise, and stress management to help you stay at your best daily.
- 6/25 Wallet-Smart Wellness**  
Discover how to achieve your fitness goals without breaking the bank. Learn practical tips for affordable exercise routines and cost-effective wellness strategies that fit any budget. Enhance your health while keeping your finances in check.
- 7/30 Emotional Intelligence: Enhancing Relationships and Growth**  
Explore the power of emotional intelligence (EQ) in building healthier relationships, managing stress, and promoting personal growth. Learn how to enhance your EQ to navigate life's challenges with greater empathy and resilience.
- 8/27 Thriving Through Life's Peaks and Valleys**  
Learn strategies to maintain balance and fulfillment throughout life's ups and downs. Discover how to navigate the challenges of mid-life with resilience, purpose, and a positive outlook.
- 9/24 Emergency Preparedness: Ensuring Safety in Unpredictable Situations**  
Discover key tips for preparing for emergencies and staying safe during unexpected events. Learn how to create an emergency plan, build a survival kit, and respond effectively in critical situations.
- 10/29 Aging Gracefully: Insights on the Reality of Botox, Fillers, and Skincare**  
Prioritize a healthy lifestyle and embrace your natural beauty while exploring the science and potential risks behind the latest cosmetic treatments, such as Botox and fillers. By focusing on well-being over the pursuit of youth, you'll experience a more fulfilling life while aging.
- 11/19 Mindful Consumption: The Impacts of Wanting More**  
Explore the effects of overconsumption and how the desire for more affects our lives and the planet. Learn how being thoughtful about our choices helps us find contentment and can lead to a more intentional, sustainable lifestyle.
- 12/17 Cryotherapy: Harnessing the Power of Cold for Health**  
Discover the science behind cryotherapy and how cold exposure can reduce inflammation, relieve pain, and accelerate recovery. We'll also explore outdoor activities to enjoy during colder weather, maximizing the benefits of the chill for both body and mind.