

2026 STRIVE WEBINARS

WEDNESDAYS, 12:00 - 12:30 PM EST

- 1/28 Nicotine Beyond the Cigarettes: Unpacking the Modern Landscape**
Vaping, nicotine pouches, and other smokeless products are more popular than ever. Learn the physical and mental health effects of modern nicotine use—and the truth behind the “safer” alternatives.
- 2/25 The Power of Boredom**
In a world of constant stimulation, boredom has surprising mental health and productivity benefits. Explore why unplugging might be your new superpower.
- 3/25 GLP-1 Drugs Decoded: What Everyone Should Know**
Whether you’re taking GLP-1 medications or just curious about them, this webinar covers the science, risks, benefits, and headlines surrounding these increasingly common drugs.
- 4/29 Demystifying Credit Scores: What They Mean for Your Health & Wealth**
Your financial health impacts your overall well-being. Learn what drives your credit score, how it connects to stress and health outcomes, and how to build a better score.
- 5/27 Hidden Hormone Disruptors: What’s Lurking in Your Daily Routine**
From plastics to personal care products, endocrine-disrupting chemicals are everywhere. Discover how they affect your health and how to reduce your exposure.
- 6/24 Food Labels Exposed: Decode the Marketing, Eat Smarter**
“Natural,” “Whole Grain,” “Zero Sugar”... What do these really mean? Learn how to read food labels and navigate misleading packaging to make informed nutrition choices.
- 7/29 The Future of Health – Exploring AI in Wellness**
AI tools and wearable devices are reshaping wellness. Learn how to use health AI tools to support—not replace—personalized well-being. We'll cover the pros, cons, and what to watch for.
- 8/26 Vitamins, Supplements & Super Greens: What’s Worth It?**
From creatine to collagen to drinkable greens, the supplement aisle can be overwhelming. Join us to uncover the truth behind popular supplements, bust common myths, and get practical tips for making smart, safe choices that support your health without the guesswork.
- 9/30 Caffeine Clarity: The Truth About Your Daily Buzz**
Is caffeine helping or harming your health? We'll explore how it affects your brain, sleep, mood, and more—across sources like coffee, tea, energy drinks, and supplements.
- 10/28 Menopause, Perimenopause & Beyond**
Hormonal changes aren’t just about hot flashes. This session dives into the modern understanding of menopause and perimenopause—covering symptoms, support, and science-backed solutions.
- 11/18 Metabolism Matters: Boosting Energy, Balance, and Health from Within**
Your metabolism is more than just how fast you burn calories—it affects your energy, mood, weight, and long-term health. Learn how it works, what slows it down, and simple ways to support it through lifestyle habits that work.
- 12/16 Connect Through Food: Nourishing Traditions & Communities**
Food connects us to culture, family, and community. This uplifting session explores how food traditions shape wellness—and how you can give back

Don't miss out—register for our **2026 Strive Meditation Moments!**



**2:00-2:30 PM
EST**

**March 11
June 10
September 9
December 9**

SCAN TO REGISTER



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