

Welcome to

The Break Room

A wellness webinar series
with Premise Health



Check out our upcoming topics:

More than a Number

Creating a Balanced Lifestyle Beyond the Scale



You're more than a number on the scale. Discover practical insights and strategies to achieve and maintain a healthy weight while nurturing your overall wellbeing. We'll explore the significance of a holistic approach that goes beyond numbers, focusing on total health. Join us for this enlightening webinar and start your journey towards a healthy, happier you.

February 28, 2 p.m. CT / 3 p.m. ET

The Beauty of Aging

Vitality, Longevity and Aging Well



Age should never be a barrier to living your best life. Join our webinar as we explore the keys to embracing your age and thriving in your later years. Discover practical "how-to" strategies and expert insights that go beyond age to help you nurture your wellbeing. We'll delve into topics that cover physical health, mental vitality and more, providing you with actionable advice to enhance your wellbeing as you age.

September 18, 2 p.m. CT / 3 p.m. ET

The Power of Self-Love

Navigating Mental Health with Self-Compassion



Often, when we're faced with feelings of depression and anxiety, it can feel as if we're being caught up in a never-ending loop of negative emotions and thought patterns. Shifting these thought patterns to incorporate more self-compassion can help create space to deal with those emotions in a way that benefits both your body and your mind. Join us and discover how a little self-love can go a long way.

May 29, 2 p.m. CT / 3 p.m. ET

Let's Talk Medicine

Knowing What You're Taking



From side effects to changes in your body as you age, there are many reasons why it's important to understand as much as you can about your medicines. Join us and learn more about how to read prescription labels, manage multiple kinds of medications and coordinate with your provider and pharmacist on over-the-counter medications.

December 18, 2 p.m. CT / 3 p.m. ET



Learn more and register.

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webinars/break-room/](https://members.premisehealth.com/webinars/break-room/)

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