



The Break Room

A wellness webinar series with Premise Health

Q1: February 18, 2026 | 2 p.m. CT | 3 p.m. ET



Physicals and Results

Know Your Numbers: Turning Test Results into Action

Annual physicals and biometric screenings are an important part of everyone's health, but when test results come back, it helps to know what they mean and how to turn numbers into action.

Q2: June 24, 2026 | 2 p.m. CT | 3 p.m. ET



Women's Health

Facing Women's Health Together: How Managing Menopause Takes a Village

From bone health to hot flashes to hormone therapy, navigating the journey of perimenopause and menopause can be anything but linear.

Q3: August 19, 2026 | 2 p.m. CT | 3 p.m. ET



Men's Health

What to Know About Ages, Stages (and Testosterone)

Research shows that most men would rather clean the house than go to the doctor. We'd like to change that.

Q4: November 18, 2026 | 2 p.m. CT | 3 p.m. ET



Winter Wellness

How to Keep it Together Through Sweater Weather

With short days and busy schedules, it's no wonder that our wellness can take a backseat during the end of the year. But healthy resolutions aren't just for January.



Learn more and register.

members.premisehealth.com/webinars/



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