MYgroup Live Monthly Webinar Series

January 2026

Creating an Annual Well-being Plan

Ready to crush your well-being goals without burning out by February? In this session, we'll walk you through 12 game-changing habits that will boost your physical, mental, and emotional health all year long. You'll get to pick the ones that fit your lifestyle, and we'll even throw in some resources to help you stay on track (because we know life happens). By the end, you'll be ready to tackle your well-being plan like a pro and enjoy a healthier, happier you!

January 14, 2026
1:30PM to 2:30PM EST

Register in MY Portal
Visit mygroup.com > LOGIN
First time users will set up an account using your organization code.
Your organization code is **<code>**
Then, set up an account with your email address and password.

**All webinars are recorded and saved in MY Portal for your reference at any time after the webinar is released.*

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