

HERO: HII Employees Reach Out 2025 Webinar Schedule



Date	Time	Topic	Trainer	WebEx Registration Link
1/16	12PM EST 11AM CT	The Connection between Exercise and Mental Health	Shanti Douglas	VIEW HERE
2/13	12PM EST 11AM CT	Your Healthy Heart	Shabnam Hashemi	VIEW HERE
2/26	3PM EST 2PM CT	Relaxation to Suit Your Lifestyle	Raditia Lasry	HII Platform: Microsoft Teams
3/18	12PM EST 11AM CT	Insurance Basics	Gregory Berlin	VIEW HERE
4/8	12 PM EST 11AM CT	Promoting Family Health	Dianna Carr	VIEW HERE
5/13	12PM EST 11AM CT	The Sandwich Generation	Shanti Douglas	VIEW HERE
6/10	12PM EST 11AM CT	Caregiving	Janet Taylor	VIEW HERE
7/15	12PM EST 11AM CT	Final Arrangement: Honoring, Remembering and Celebrating a Life	Rah Kalon	REGISTER HERE

Date	Time	Topic	Trainer	WebEx Registration Link
8/12	12PM EST 11AM CT	Managing Fear and Anxiety in Children	Sheresa Elliot	REGISTER HERE
9/9	12PM EST 11AM CT	Unplugging to Recharge: Strategies for Combating Technostress	Stephanie Kunkel	REGISTER HERE
10/14	12PM EST 11AM CT	Setting Boundaries	Rah Kahlon	REGISTER HERE
11/11	12PM EST 11AM CT	Don't Forget Your Social Life!	James Francis	REGISTER HERE
12/16	12PM EST 11AM CT	Fresh Start	Shari Adler	REGISTER HERE