

# HERO: HII Employees Reach Out 2026 Webinar Schedule



Date	Time	Topic	Trainer	WebEx Registration Link
1/13	12PM EST 11AM CT	<b>The Connection Between Exercise and Mental Health</b>	Amy Grazen	<a href="#">VIEW HERE</a>
2/10	12PM EST 11AM CT	<b>Dual-Career Relationships</b>	James Francis	<a href="#">VIEW HERE</a>
2/18	11AM EST	<b>PRESENTED BY NEWPORT NEWS SHIPBUILDING</b>  <b>NOURISH YOUR HEART: A GUIDE TO HEART-HEALTHY EATING</b>	Patti Iampietro	<a href="#">VIEW HERE</a>
3/10	12PM EST 11AM CT	<b>Social Security Retirement Planning</b>	Greg Berlin	<a href="#">VIEW HERE</a>
3/24	12PM EST 11AM CT	<b>Presented by the Mission Technologies Wellbeing Committee:</b>  <b>Embracing Imperfection Through Kintsugi Wisdom</b>	Raditia Lasry	<b>HII Platform: Microsoft Teams</b>
4/15	11AM EST	<b>PRESENTED BY THE NEWPORT NEWS SHIPBUILDING WELLBEING COMMITTEE</b>  <b>TODAY'S FAMILY: CHALLENGES &amp; CHANGES</b>	April Frazier	<a href="#">VIEW HERE</a>
4/21	12PM ET 11AM CT	<b>Single Parenting</b>	Yvette Edmonds	<a href="#">REGISTER HERE</a>
5/19	12PM ET 11AM CT	<b>How to Boost Your Self Confidence</b>	Girl Peterson	<a href="#">REGISTER HERE</a>

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6/16	12PM ET 11AM CT	Men and Depression	John Ebron	<a href="#">REGISTER HERE</a>
7/15	12PM EST 11AM CT	<p><b>PRESENTED BY THE NEWPORT NEWS SHIPBUILDING WELLBEING COMMITTEE:</b></p> <p><b>Managing Your Attention- Because There's Never Enough Time</b></p>	Chris Walchuk	<a href="#">REGISTER HERE</a>
8/18	12PM EST 11AM CT	Overcoming Burnout	Giri Peterson	<a href="#">REGISTER HERE</a>
9/10	12PM EST 11AM CT	Move Well, Live Well: Everyday Strategies for Musculoskeletal Health	Giri Peterson	HII Platform: Microsoft Teams
9/22	12PM EST 11AM CT	Suicide Prevention	Giri Peterson	<a href="#">REGISTER HERE</a>
10/14	11AM EST	<p><b>PRESENTED BY THE NEWPORT NEWS SHIPBUILDING WELLBEING COMMITTEE:</b></p> <p><b>Breast Cancer</b></p>	Theresa Francois	<a href="#">REGISTER HERE</a>
10/20	12PM EST 11AM CT	How to Speak with Your Health Care Provider	Donna Thomas	<a href="#">REGISTER HERE</a>

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Date	Time	Topic	Trainer	WebEx Registration Link
11/17	12PM EST 11AM CT	Managing the Holiday Season	Heather Walker	<a href="#">REGISTER HERE</a>
12/8	12PM EST 11AM CT	Dare to Be Bold	Brendan Vigorito	<a href="#">REIGSTER HERE</a>