

HERO: HII Employees Reach Out 2026 Webinar Schedule



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

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6/16	12PM ET 11AM CT	Men and Depression	John Ebron	VIEW HERE
7/15	12PM EST 11AM CT	PRESENTED BY THE NEWPORT NEWS SHIPBUILDING WELLBEING COMMITTEE: Managing Your Attention- Because There's Never Enough Time	Chris Walchuk	VIEW HERE
7/21	12PM EST 11AM CT	Embracing Happiness	Shanti Douglas	VIEW HERE
8/18	12PM EST 11AM CT	Overcoming Burnout	Letitia Bates	VIEW HERE
9/22	12PM EST 11AM CT	Suicide Prevention	Dr. David Powers	REGISTER HERE
9/24	12PM EST 11AM CT	Move Well, Live Well: Everyday Strategies for Musculoskeletal Health	John Ebron	HII Platform: Microsoft Teams
10/14	11AM EST	PRESENTED BY THE NEWPORT NEWS SHIPBUILDING WELLBEING COMMITTEE: Breast Cancer	Theresa Francois	REGISTER HERE

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Date	Time	Topic	Trainer	WebEx Registration Link
10/20	12PM EST 11AM CT	How to Speak with Your Health Care Provider	Donna Thomas	REGISTER HERE
11/12	12PM EST 11AM CT	Accessing Mental Health Support During the Holiday Season	Christine Young	HII Platform: Microsoft Teams
11/17	12PM EST 11AM CT	Managing the Holiday Season	Heather Walker	REGISTER HERE
12/8	12PM EST 11AM CT	Dare to Be Bold	Brendan Vigorito	REGISTER HERE