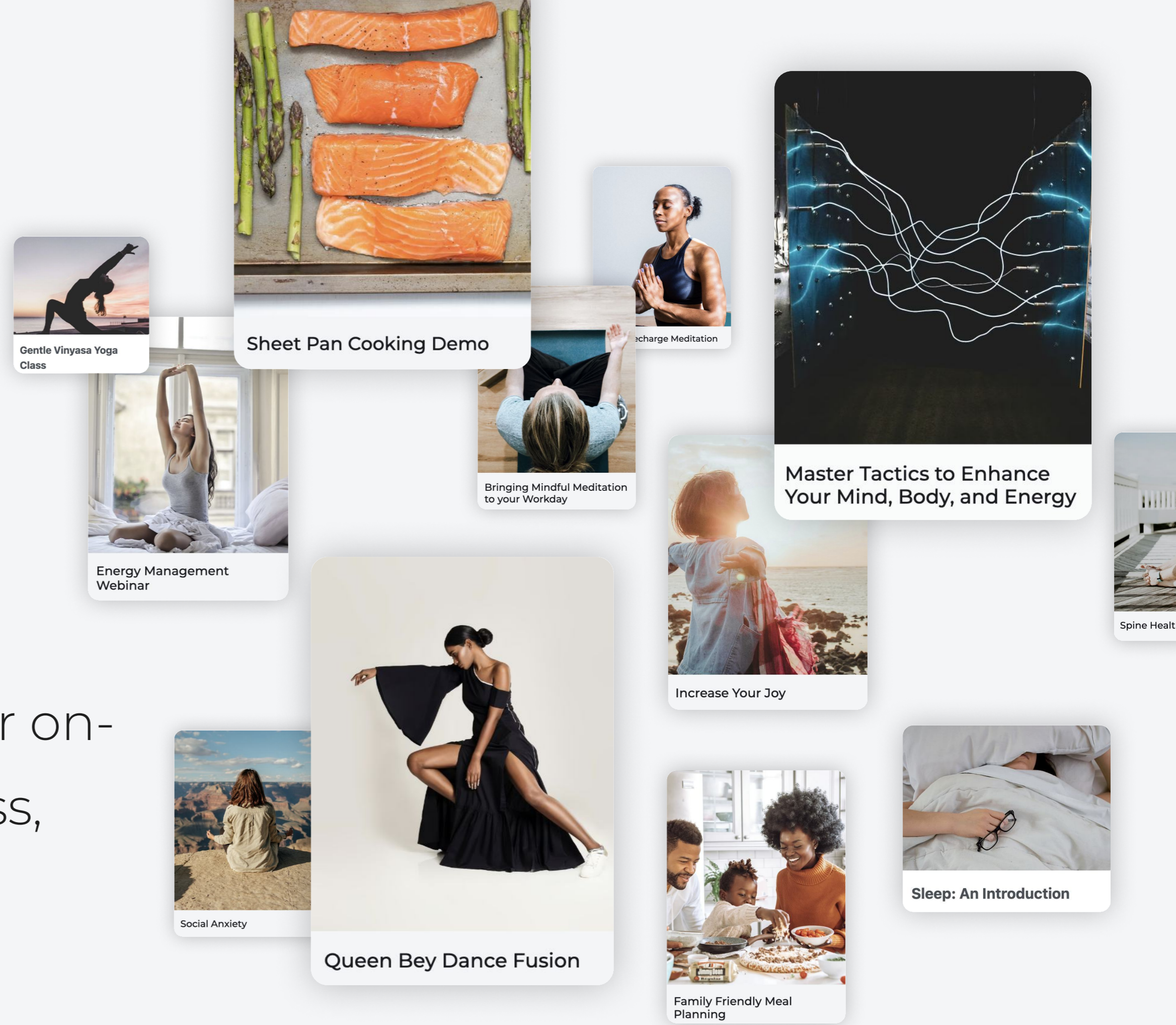


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Wellness Webinars

Choose from 100+ live, expert-led sessions or on-demand webinars covering topics like fitness, sleep, nutrition, and more.



Educational webinars are a great addition to a workplace wellness program because they may not only help improve the health of the workforce but also a create more engaged, and productive workforce.

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- ✓ 60 minute interactive session with wellness experts.
- ✓ Webinar schedule and the links to 'join', are hosted on your SoHookd Platform.
- ✓ SoHookd send out email reminders on the morning of the webinar.
- ✓ Recording of the session will be posted on your SoHookd Platform.
- ✓ Data on attendance is available.

On-Demand Webinars

- ✓ Same Catalog as Live Webinars.
- ✓ 30 minute pre-recorded sessions from experts.
- ✓ Direct links or QR codes provided for easy access to recording.
- ✓ Recording will be posted on your SoHookd Platform.
- ✓ Data on attendance is available.

