2026 Understanding Your Wellbeing Webinar Series



Beyond the winter blues: supporting wellbeing through the season

As the days grow shorter and winter approaches, many people notice changes in their mood, energy levels, and overall wellbeing. Colder weather, less sunlight, and the demands of the holiday season can make it **more challenging to prioritize both mental and physical health**.

At Univera Healthcare, we're right here to help our members prioritize their health and wellbeing year-round. This month's webinar will provide practical tips and strategies to support your wellbeing throughout the winter season.

Join us for this engaging 45-minute webinar hosted by Univera Healthcare Behavioral Health Case Manager, **Kelly Tobin**.



This session will cover:

- Understanding seasonal affective disorder (SAD) and its causes
- Recognizing common signs and symptoms
- How SAD is diagnosed
- Prevention and self-care strategies
- Available treatment options and support resources
- Coping with holiday stress, grief, loneliness, and changing traditions
- Benefits and resources available to support your wellbeing*

We are Right here. **For you.**

Webinar date: Tuesday, December 15

Webinar time: Noon – 12:45 p.m.

To register for the upcoming webinar, please scan the QR code or click **here**.

We hope you can join us to learn more about ways to support your wellbeing.

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*Benefits and resources vary by contract.

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