

# HERO: HII Employees Reach Out 2025 Webinar Schedule



Date	Time	Topic	Trainer	WebEx Registration Link
1/16	12PM EST 11AM CT	<b>The Connection between Exercise and Mental Health</b>	Shanti Douglas	<a href="#">VIEW HERE</a>
2/13	12PM EST 11AM CT	<b>Your Healthy Heart</b>	Shabnam Hashemi	<a href="#">REGISTER HERE</a>
2/26	3PM EST 2PM CT	<b>Relaxation to Suit Your Lifestyle</b>	Raditia Lasry	<b>HII Platform: Microsoft Teams</b>
9/9	12PM EST 11AM CT	<b>Unplugging to Recharge: Strategies for Combating Technostress</b>	Carolyn Cole	<a href="#">REGISTER HERE</a>
10/14	12PM EST 11AM CT	<b>Setting Boundaries</b>	Rah Kahlon	<a href="#">REGISTER HERE</a>
11/11	12PM EST 11AM CT	<b>Don't Forget Your Social Life!</b>	James Francis	<a href="#">REGISTER HERE</a>
12/16	12PM EST 11AM CT	<b>Fresh Start</b>	Shari Adler	<a href="#">REGISTER HERE</a>