

# 2023 Wellness Webinar Replay Links

## **NEW!** Roth 401k Option Tutorial (effective 1/1/2024)

- [Roth 401k Discussion w/ Principal Financial - 12/13/23 Session](#) (Passcode: dv9fxFT+)
- [Roth 401k Discussion w/ Principal Financial - 12/12/23 Session](#) (Passcode: f^g&M1M.)

## **Health & Wellness -**

- [Men's Health Awareness w/ Dr. Joseph Pazona](#) (Passcode: Or6r^\*Uj)
- [Beyond Birth - Women's Health Series w/ Ascension St. Thomas & Results Physiotherapy](#) (Passcode: !@9xO%4j)
- [Nutrition Simplified](#) (Passcode: 3S??@R.=)
- [Fitness & Exercise Lunch n' Learn + Workout Session w/ Ascension St. Thomas](#) (Passcode: 9k3G&W+z)
- [Ergonomics & Headache/Migraine Awareness w/ Upstream & Results Physiotherapy](#) (Passcode: 2&^#Fr=&)
- [Mental Health Awareness w/ Nichole Hollinsworth from Ascension St. Thomas](#) (Passcode: 5UzJgqH+)
- [Stress Management w/ Raylissa Batten from Ascension St. Thomas](#) (Passcode: 2n1Qo#M4)
- [Nutrition & Health Lunch n' Learn w/ Nathan Hamman from TouchPoint](#) (Passcode: s+zQN1dG)
- [Heart Health Talk w/ Amanda Maples from Ascension St. Thomas](#) (Passcode: A\$=\$Wa6T)