

2026 Wellness Webinar Series



Wednesday
April 15
Noon

Bone Deep: Strength for Every Body

Bone health is often overlooked until it's too late. This session highlights how both men and women are affected by osteoporosis, and why prevention starts early. Learn about the critical role of nutrition, movement, and hormones in building and maintaining bone density, plus actionable steps to support lifelong skeletal strength.

 **REGISTER HERE** for webinar series.

Or copy and paste this URL into your browser: https://phs-org-corp.zoom.us/webinar/register/WN_g1GBjXduQi6h3gy0EoCinQ
Earn points on Wellness at Work after watching the webinar or recording.



The
Solutions
Group

Our webinars provide practical guidance to support your well-being and help you achieve better health.