

MEMBER FEBRUARY 2026 WEBINAR

WED, 2/18 @ 2 PM

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Wellness Trends: *Hype vs Helpful*

From supplements to wearable tech and viral self-care advice, wellness trends are everywhere, but not all of them deliver on their promises. In this webinar, we'll take a closer look at today's most talked-about wellness trends and separate what's backed by evidence from what's mostly buzz.

We'll review what current research actually says, discuss potential risks and limitations, and explore who may benefit and who should proceed with caution.