



ASU Employees

Wellness Seminars/Webinars

The Wellness Team invites you to participate in Wellness Seminars/Webinars!

Arizona State University Employees view [ASU Events Page](#) for Wellness Seminar options.

HIP participants, please note, exercise classes do NOT count as Wellness Seminars.

Additional Information



eMindful Webinars count as Wellness Seminars/Webinars for all participants.

Create your account and register [here](#)



HIP participants may receive points for 5 Wellness Seminars/Webinars (up to 125 points at 25 points per seminar/webinar) between January 1, 2018-December 31, 2018

For more information, contact your agency wellness champion.