

2021 Retirees

Experienced

Resourceful

Engaged

Health & Wellness Webinar Series

Available to all NYSUT Retirees, the webinars will focus on a range of topics:

February 24

Cabin Fever Concert:
Sounds of the 60's

[CLICK TO REGISTER](#)

March 3

Chair Yoga

[CLICK TO REGISTER](#)

March 10

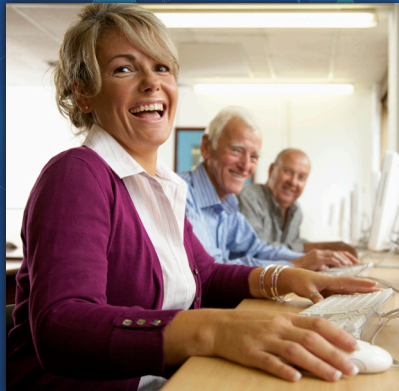
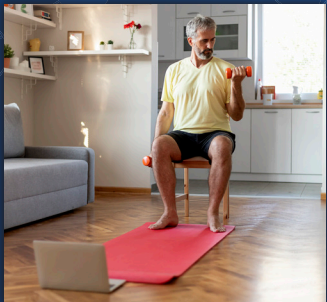
Getting Ready for
Spring Gardening

[CLICK TO REGISTER](#)

March 17

Total Body Fitness:
Spring Training workout

[CLICK TO REGISTER](#)



NYSUT is offering a series of FREE, live webinars to help retirees stay engaged, stay healthy, beat loneliness and learn new skills.

The Retiree Webinar Series will air a different topic on Wednesdays @ 1 p.m.

The live sessions will give participants the chance to ask questions, and to interact with the presenters and with each other. Sign on a few minutes early for an easy set-up, and have a chance to chat with others before the webinar starts.

Click under webinar(s) of your choice for description and to register.

Upon registration, participants will receive a link by email that will allow them to connect directly to their chosen webinar(s).

To join a webinar, participants will need to open the email on the scheduled date, and click on the included link at the 1 p.m. start time.

(connecting a few minutes early is recommended)

CONNECT, ENGAGE & LEARN

After you register, a pre-webinar reminder, session handouts and any follow-up materials will also be emailed directly to you. All the webinars will be recorded and posted on the NYSUT Retiree website at a later date.

For a full list of webinar offerings, visit nysut.org/retireewebinars.