

FREE WEBINAR

January 28, 2025 | 2:00 PM

REGISTER NOW

Start Your 2025 Strong
Setting Your Personal
Wellness Goals

Speaker

Arleen Joy Vallejo, MD

FREE WEBINAR

February 26, 2025 | 10:00 AM

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Our Heart Matters



Speaker

Joanne Karen Recacho – Turingan, MD, FPCP, FPCC, FPSE

FREE WEBINAR

March 25, 2025 | 10:00 AM

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Dengue Awareness



Speaker

MARIA FLORABEL PEREZ BUENAFLORE-BALGOS, M.D., FPCP



Humanizing Insurance



FREE WEBINAR

April 22, 2025 | 10:00 AM

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Stress Free Travel



Speaker

Ian P. Pacheco
Social Media Manager and Creative Director Etiqa Philippines

FREE WEBINAR

May 27, 2025 | 10:00 AM

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From Flame to Healing:
A Comprehensive Look
at Burn Injuries

Speaker

Men Archie Lenard M. Duque, MD

FREE WEBINAR

June 25, 2025 | 10:00 AM

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The Two-Wheeled Scenario

Speaker

Jeremiah Simeon Trinidad III, MD

FREE WEBINAR

July 22, 2025 | 10:00 AM

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HIV Awareness



Speaker

Pete Tan in partnership with LoveYourself



Humanizing Insurance



FREE WEBINAR

August 26, 2025 | 10:00 AM

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Breathe Easy:
Understanding the Risks
of Smoking and Vaping

Speaker

Men Archie Lenard M. Duque, MD

FREE WEBINAR

September 24, 2025 | 11:00 AM

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Obesity Awareness



Speaker

Jan Paolo Dipasupil, MD

FREE WEBINAR

October 28, 2025 | 1:30 PM

REGISTER NOW



Negative Thinking & Mental Health Struggles

Speaker

Monique Mendoza, MD

FREE WEBINAR

November 18, 2025 | 10:00 AM

REGISTER NOW

Emergency Preparedness



Speaker

Maria Christina L. Estacio
Occupational Safety and Health Team

FREE WEBINAR

December 9, 2025 | 10:00 AM

REGISTER NOW

Managing Holiday Stress & Cultivating Year-End Resilience



Speaker

Arleen Joy Vallejo, MD
Internal Medicine and Lifestyle Medicine