

# UHC Federal Programs

## WELLNESS SERIES – Q2 2026

Time to spring into shape and we are here to help make that easy and convenient with our complimentary wellness webinars! The **UnitedHealthcare Federal Programs Team** is excited to continue our second quarter and keep you motivated to achieve your goals this year.

We have a variety of topics including **Cooking Classes, Nutrition, Sophrology, Mental Health, Kettlebell, Mindfulness, Mobility**, and much more! Quarter 2 will run through the months of **April, May, and June** so be sure to register today and learn from our experts!

[Register Here](#)

### Healthier & Happier Life

We have a variety of topics including...

Workouts &  
Strength Training

Meditation &  
Sophrology

Mental Health &  
Mindfulness

Nutrition & Cooking  
Classes

