

Valley Health System's On Demand Wellness Webinars 2026

The featured On Demand webinar presentations are available any time by visiting the links below.



The Healing Power of Massage for Demanding Careers

presented by Lucy Valle, LMT, MMP, Valley's Massage Therapist

We'll explore the ways therapeutic massage promotes recovery, resilience, and overall physical balance.

Link for video: <https://vimeo.com/1152326488/a6f2ce69f7>

Link for survey: <https://forms.cloud.microsoft/r/ABwBRqeXfs>



Mindful Movement: Yoga + Meditation Class presented by Adina Sherak- Kelman, LifeStyles Group Exercise Instructor

Unlock peace, balance, and clarity in this transformative session blending yoga and meditation.

Link for video: <https://vimeo.com/1156942638/ac4242f10e>

Link to last years meditation class:

<https://vimeo.com/1044449773/25a390b477>

Link for survey: <https://forms.cloud.microsoft/r/8r73EbevZp>



Blueprints of the Heart: How Your Genes Shape Cardiovascular Wellness presented by Waqas Malick, MD

Join us for an engaging session that unpacks the complex genetic factors influencing heart disease risk.

Link for video:

<https://vimeo.com/1164824661/14920dfd6c?fl=pl&fe=sh>

Link for survey: <https://forms.cloud.microsoft/r/CnPNrF7KQT>



Understanding Inflammatory Bowel Disease presented by Michael Herman, MD

We'll unpack the essential facts about IBD, including its causes, symptoms, and the most current treatment options available.

Link for video: <https://vimeo.com/1166130867/a1f49b9621>

Link for survey: <https://forms.cloud.microsoft/r/wiJeiduG3V>



Weekend Warriors Playbook: Safe, Sustainable, and Strong presented by Nevin George, PT, DPT, OCS

Learn how to protect your body from common injuries, build lasting strength, and recover effectively so you can keep crushing your goals without burning out.

Link for video: <https://vimeo.com/1167845257/c5347c6bad>

Link for survey: <https://forms.cloud.microsoft/r/gC9gLJV2Yf>

On Demand Wellness Webinars



Acupuncture: Getting to the Point presented by

Discover how this ancient practice creates modern results.

Link for video: <https://vimeo.com/1170420630/1cf431389e>

Link for survey: <https://forms.cloud.microsoft/r/wJq18Ps031>



I Hear Fine, You Just Mumble presented by Katherine Kleban, Au.D., Board-Certified Audiologist

We will guide you through the latest advances in hearing aids and treatments, debunking myths and providing expert advice on how to manage hearing challenges.

Link for video: <https://vimeo.com/1176668677/2c22b84b4f>

Link for survey: <https://forms.cloud.microsoft/r/pvDbdvut6y>

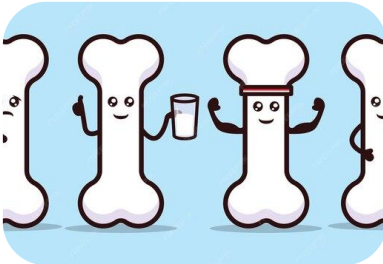


Ask the Cardiologist presented by Stuart Barr, MD

Get expert answers on topics like high blood pressure, cholesterol, heart disease, prevention, and more.

Link for video: [was only a live event](#)

Link for survey: <https://forms.cloud.microsoft/r/6WVTFbcGPM>



Combatting Osteoporosis with Balance and Strength presented by Sarah Edge, Lead Exercise Physiologist

A healthy body begins with strong bones, and this webinar will give you the tools to achieve both

Link for video: <https://vimeo.com/1185295035/f2ad98666c>

Link for survey: <https://forms.cloud.microsoft/r/nxwuVn5Epr>



How Emotional and Physical Health Affect Each Other presented by Xelenia DePena, MD & Susan Breithaupt, LCSW

We'll explore how stress, emotions, and physical health intertwine and discover simple, practical steps to nurture both your mind and body

Link for video: <https://vimeo.com/1190550639/e9d416319c>

Link for survey: <https://forms.cloud.microsoft/r/DbnPuZ1M4j>

On Demand Wellness Webinars



Your Blood, Your Medicine: Understanding PRP presented by Jack Annunziato, DO

Discover how PRP therapy harnesses the healing potential of your own blood to support natural tissue repair and recovery

Link for video: <https://vimeo.com/1191670358/1b86407758>

Link for survey: <https://forms.cloud.microsoft/r/ixrX4kpE9e>



The Benefits of Chiropractic Care: Aligning the Facts presented by Chrstina Markar, DC, Chiropractor

Join us as we set the record straight on chiropractic care—what it is, what it isn't, and why it's more than just "getting adjusted."

Link for video: <https://vimeo.com/1194434339/e0c7e15077>

Link for survey: <https://forms.cloud.microsoft/r/QFvtybBBs6>



Crunch Time: The Benefits of Eating More Vegetables presented by Nicole Fuller, RDN

Join us for a fun and informative webinar all about the power of vegetables.

Link for video: <https://vimeo.com/1201880027/7524351530>

Link for survey: <https://forms.cloud.microsoft/r/4nViBLHwev>



Move Smarter, Feel Stronger: Discover the Benefits of Pilates presented by Sabrina Frankel, LifeStyles Pilates Instructor

Discover how Pilates can transform your strength, flexibility, and overall well-being.

Link for video:

<https://vimeo.com/1204287285/55d6dd05a2?fl=tl&fe=ec>

Link for survey: <https://forms.cloud.microsoft/r/UpF3xWh3K7>



Sweet Dreams: The Secrets to Better Sleep presented by Suzanne Pearson, Clinical Manager

In this webinar, we'll dive into the science behind sleep.

Link for video:

<https://vimeo.com/1210579409/4bd0f71574?fl=ip&fe=ec>

Link for survey: <https://forms.cloud.microsoft/r/MLXMgTH2Ga>

On Demand Wellness Webinars



Back-to-School Fuel presented by Alexa Cosgrove, MS, RDN, CSN

Say goodbye to boring sandwiches and sugar crashes—this webinar is your guide to fueling your kids with balanced, nutritious meals they'll actually eat.

Link for video: <https://vimeo.com/1219961101/0f1ce0b0be?fl=ip&fe=ec>

Link for survey: <https://forms.cloud.microsoft/r/0ZrYceiUgR>



Building Strength with Resistance Bands presented by LaShawn Michalski, Valley LifeStyles Exercise Specialist

Discover how much strength you can build with one simple piece of equipment—a resistance band.

Link for video:

Link for survey:



Aging Well, Living Strong presented by Kinga Kiszko, DO, Geriatrician

In this empowering webinar, we'll explore how to stay vibrant, focused, and full of life at every age.

Link for video:

Link for survey:



Screenagers Next Chapter- Addressing Youth Mental Health in the Digital Age

Join us for this virtual event and special screening. In Screenagers Next Chapter, we follow physician and filmmaker Delaney Ruston as she discovers solutions for improved adolescent stress, anxiety, and depression in the digital age

Link for video: N/A

Link for survey:



Eat Smart, Stay Strong: Unlocking the Power of Nutrition to Prevent Breast Cancer presented by Meghan Pecci, MS, RD,

Join us to discover how simple, tasty nutrition choices can help lower your breast cancer risk and keep your body strong

Link for video:

Link for survey: