FREEDOM WELLNESS

Online Seminars



Want help with skills to help you in the workplace, become a better parent, or make better use of your leisure time? Explore the wealth of learning options available to you.

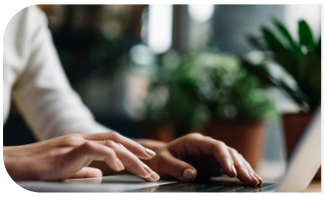
Available on demand

Find the Online Seminars section on your Freedom Wellness listed below.

Select a seminar title, read the description, and click on the hyperlink provided to register and launch the seminar.

If you have questions, type them into the 'Ask a question' box. You will receive an answer within five business days. All questions and answers will be posted on the FAQ tab.

A library of past online seminars is also available.



Our popular online seminars are now available on demand. Seminars will be pre-recorded and uploaded on the third Tuesday of each month.

FREEDOM
HEALTH INSURANCE