“It’s more important than ever to be and stay well and strong.” —Oprah

Inspired by our sold-out U.S. arena tour, Oprah Winfrey and WW are hosting a free, interactive virtual experience to help you live a stronger, healthier, and more connected life right now.

Join us from your living room.
Participate with audiences from around the world at 11am ET / 8am PT!

Each free weekly live event will feature:
• Oprah’s lessons in wellness that are carrying her through this moment
• Tools to activate your own story of transformation
• Engaging, interactive workbook exercises to help you find your healthiest life during these challenging times
• Oprah live in conversation with attendees and headline-makers at the forefront of wellness

Participants will experience these weekly topics

Saturday, May 16  Saturday, May 23  Saturday, May 30  Saturday, June 6
FOCUS  CONNECT  ADAPT  COMMIT
Find clarity in both your physical and emotional well-being.  Relationships in a time of social distancing.  Tools to build your strongest self.  Habits, health, and happiness. What you can do right now.