

Strengthening your relationship in today's tough times – April 2nd @ 3 p.m. ET



Long-term relationships have never been easy. But there are so many pressures today that it can seem especially hard. Join this webinar to learn about typical couple's issues and ways to approach them that can help strengthen your bond.

- Discover the most common couple stressors
- See how roles, expectations and reactions can lead to conflict
- Learn steps to help you and your spouse or partner work as a team

Breathe your way to less stress and better health – April 9th @ 3 p.m. ET



Who isn't stressed these days? But if it isn't managed, stress can damage your health. The good news is, you don't need to take a long vacation to reduce your stress. All you need is air. Join us to learn:

- How stress impacts your breathing
- How deep breathing can lower your stress
- Three techniques for deep breathing

Think yourself healthy – April 16th @ 3 p.m. ET



How important is your thinking? Does your attitude really matter? Join this webinar to learn about:

- How your thoughts can impact your overall wellbeing
- The power of visualization
- Tips to improve your health and happiness

Financial worries in the house – April 23rd @ 3 p.m. ET



Financial stress can turn into family stress. And children are able to sense when you're upset. But how much information should you share? After all, do children really understand money? Join this webinar to discuss:

- How economic problems create unique parenting challenges
- What information to share
- Tips for having these conversations

Coping with job loss – April 30th @ 3 p.m. ET



Has anyone you know lost their job recently? If so, they're not alone. Join this webinar to learn about typical emotions tied to job loss, as well as suggestions on how you can be supportive to someone dealing with job loss.

Managing worry in worrisome times – May 5 @ 3 p.m. ET



Worrying is natural. But is it working for you or against you? The world will always provide things to worry about. But how do you want to respond? Join this webinar to:

- Understand worrying
- Learn how worry can be healthy
- Identify worry problems and patterns
- Learn skills to manage worry

The reasons we eat: Understanding emotional eating – May 12 @ 3 p.m. ET



Have you ever consumed an entire bag of chips without realizing it? When you're sad or upset, do you crave certain "comfort foods?" Our eating choices are driven by more than hunger. Attend this webinar to learn about how feelings can lead to an unhealthy relationship with food.

- Define emotional eating
- Learn what triggers your emotional eating
- Develop tools to build a healthy relationship with food

Change: How to adapt, cope and respond – May 19 @ 3 p.m. ET



Change is the one constant in our lives. So why is change always so hard? This webinar is intended to provide you with a basic understanding of how you can navigate all this change.

- Impact of change
- Phase of change
- Tools to cope with change

Anger: How it helps and how it hurts – May 28 @ 3 p.m. ET



Anger is one of our most basic and powerful emotions. Anger serves important purposes in our lives but it can also be destructive. Join this webinar to learn more about anger and its potential to both help and harm.