

## Think yourself healthy – October 4 @ 3 p.m. ET



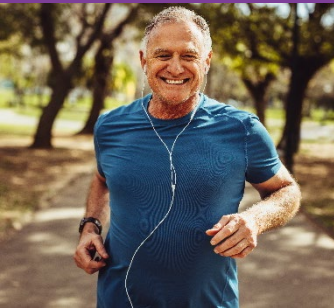
How important is your thinking? Does your attitude really matter? Join this webinar to learn about:

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

### REGISTRATION INFORMATION FOR ALL RFL WEBINARS

Log into the [Resources for Living website](#) to access registration links.  
Username: ladwp  
Password: eap

## Finding work-life balance – October 13 @ 13 p.m. ET



If you're like most people, you juggle a lot of roles. You may have demands from work, family and friends. But what about you? When do you make time for yourself? This webinar will discuss:

- How work and life imbalance can cause stress
- Why you need "me time"
- Tips for making time your yourself

## Taking your zzz's seriously– October 20 @ 3 p.m. ET



Who couldn't use better sleep and more of it? This webinar will review:

- What does "normal" sleep look like?
- Signs you might have a sleep disorder
- Tips to help improve your sleep.

## Co-parenting with your ex – October 27 @ 3 p.m. ET



Where do babies come from? Have you ever been drunk? These are only a few of the questions that can make parenting so hard. Join this webinar to learn how to help your children grow into healthy adults. We'll cover:

- Different topics of concern
- The importance of talking about these subjects with your child
- Tips for making the most of these conversations