

## Simplify your life – July 11th @ 3 p.m. ET



Are you so busy with life that you miss out on what matters most? If so, you're not alone. Most of us get stuck with physical and emotional clutter. Join us to discuss:

- How modern life can create stress
- Ways to focus on what's important to you
- Tips to de-clutter and simplify your life

## All work and no play: Avoiding burnout – July 18th @ 3 p.m. ET



- Are you exhausted all the time?
- Do you find that most of your tasks either bore or overwhelm you?
- Do you feel like nothing you do makes a difference or is appreciated?

You could be suffering from burnout—a state of mental, emotional and physical exhaustion. Attend this webinar to learn more about how to handle your needs and rekindle your energies.

## Navigating the ups and downs of long-term relationships July 25th @ 3 p.m. ET



Join this webinar to learn more about what makes long-term relationships work and last. Consider questions like:

- Should long-term relationships be hard work?
- What role do expectations play?
- What are some of the major deal-makers and deal-breakers?
- What does love look like after years together?