

Memory improvement for daily life– April 4th @ 3 p.m. ET



Do you ever go downstairs to get something and then forget why you're there? This – and other memory problems – can be quite common in people of all ages. Join this webinar to find out:

- How we remember things
- Why we forget things
- Tools and tips for improving your memory

*The material in this webinar is not intended for those diagnosed with cognitive loss or impairment.

Talking to your kids about the facts of life – April 11th @ 3 p.m. ET



Where do babies come from? Did you ever use drugs? 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

Unplug to recharge – April 20th @ 3 p.m. ET



Most of us use electronics and social media. And while it is hard to deny the advantages of technology, many of us may have an unhealthy attachment. This workshop will talk about the reasons you need to unplug.

- * How do we begin to “detox?”
- * The positives of unplugging to recharge our bodies and minds
- * Steps to have a better balance

Wellness for busy people – April 25th @ 1 p.m. ET



We all know that it's easier to go through the drive through or skip the gym, especially when you're busy. So, how can you fit health into your too-full schedule? This webinar will review:

- * How making healthy choices makes you more productive
- * Tips for eating well
- * Ways to squeeze in some exercise