

## Don't be part of the no vacation nation – June 8<sup>th</sup> @ 3 pm ET



Have you had a vacation recently or made plans to take one in the near future? If the answer is “no,” you’re (sadly) not alone. Too many people don’t make time or take time for themselves. Join this webinar to learn why vacations are not just important, but critical for your:

- Physical well-being
- Creativity, coping and mental health
- Overall ability to be and do your best

## Surviving the adult dating scene – June 15<sup>th</sup> @ 3 pm ET



Welcome to the new dating era! Navigating the joyful — and not so joyful — dating world can be scary and fun! Join this webinar if you’re single and thinking about getting back into dating, or if you’re just interested in learning more about how to survive today’s dating culture. We’ll talk about:

- What are you looking for and where do you start?
- The do’s and don’ts of online dating
- Setting boundaries and sticking to them

## Apologizing: What, when and how – June 20<sup>th</sup> @ 3 pm ET



We all make mistakes. And it’s important to know when you owe an apology to someone you may have hurt -- even accidentally. Join this webinar to learn more about apologies including:

- What makes it so hard to apologize at times
- When and how to apologize
- How apologies impact relationships

## Til debt do us part: Money and relationships – June 29<sup>th</sup> @ 3 pm ET



When it comes to personal finance, your relationship can be your greatest asset or your biggest downfall. This webinar will help you:

- See the differences between how you and your partner handle money
- Understand how money can impact your relationship
- Learn tools to help you improve your “financial relationship”