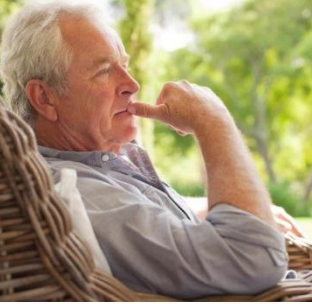


Trauma and stress recovery – Oct 5th @ 3 p.m. ET



If you've ever been in a car accident or a natural disaster, you've likely experienced trauma. But you can also witness and experience trauma these days just by turning on your TV. Join this webinar to learn more about trauma and stress in our lives, including:

- Typical causes
- How your mind and body respond
- Common approaches to helping people handle their feelings and reactions

Hearing and trusting your inner voice – Oct 10th @ 3 p.m. ET



What do Oprah Winfrey and Steve Jobs have in common? They both credit their intuition for their success. When used correctly, your inner voice can work like a personal compass, pointing you in the right direction. This webinar will review:

- The science behind your intuition
- How to tune into your inner voice
- When to listen to your gut (and when not to)

Understanding emotional eating - Oct 19th @ 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

Making your doctor's visit count – Oct 26th @ 1 p.m. ET



Do you get flustered when you're at the doctor's office? Have a hard time taking in new information during your appointment? Feel rushed or forget to ask all your questions? If so...join the crowd! And join this webinar to learn:

- How to prepare for your visit and get your questions answered
- The ins and outs "doctor's office diplomacy"
- Tips to be sure your needs are met!