

Beating the winter blahs – Feb 8th @ 3 p.m. ET



Do you feel sluggish, bored, shut in and perhaps a bit blue now that the holidays are over? Does it sometimes feel like winter will never end? Sign up for this webinar to learn more about the winter blahs and how to cope.

- What causes the winter blahs?
- Differences between the blahs and SAD (seasonal affective disorder)
- Simple solutions and ways to “tune up” your attitude now

Overcoming the fear of commitment – Feb 15th @ 3 p.m. ET



Do you have a fear of committing to relationships? Does that fear impact your family, friendships or on-the-job relationships? Join this webinar to learn more about the fear including:

- What's the definition of commitment?
- The consequences of avoiding commitment
- Common fears
- Ways to overcome your fear

Parenting in the age of technology – Feb 22nd @ 3 p.m. ET



The world today functions on technology, and let's face it, sometimes it can be necessary in our busy days. But what are the rules when it comes to kids and technology? Join this webinar to discuss:

- Age appropriate gadgets
- Setting boundaries- how much time is too much “tech” time
- How to keep your children safe

Don't get duped: Scams and scare tactics – Feb 27th @ 3 p.m. ET



Millions of us are victims of fraud and scams every year. Let's fight back – with knowledge. Join this webinar to learn about some of today's common scams and simple ways to stay safe.