

Surviving the adult dating scene – July 10 @ 3 p.m. 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

You are what you post: What's your online persona? – July 17 @ 3 p.m. ET



Social media is a great place to connect. But it can be tempting to vent, argue or insult people online. Do your posts show your values? Or do they bring out the worst in you? Join this webinar to discuss:

- The impact of your online activity
- How your values are reflected in your posts
- Tips to be a responsible digital citizen

Caregiving: The personal challenges and rewards – July 24 @ 3 p.m. ET



Caring for another person – whether a relative, spouse, partner or friend – can be physically and emotionally draining. But it can also offer rewards. Join this webinar to learn more about how to manage your caregiving role to achieve better balance and maintain your wellbeing. Learn about:

- The stresses of caring for another person
- The benefits caregivers can get from their task
- How and why caregivers need care too