

## Winning at life: Success is for everyone – April 3<sup>rd</sup> @ 3 p.m. ET



Feel like you don't measure up? Many messages about success can make us feel discouraged. If you're not winning, you must be losing, right? Wrong. Join this webinar to discuss:

- Myths about winning and losing
- How to redefine success
- Tips to find success - on your terms

## Forget the Brady Bunch: The truth about blended families – April 10<sup>th</sup> @ 3 p.m. ET



Many of us today are part of a blended family and it isn't always easy! Join this webinar if you are in or about to become a blended family and are interested in learning more about how to make a blended family work. We will discuss:

- Tips for making it work
- What is realistic and what is not
- Getting through the tough parts
- And much more!

## Wellness for busy people – April 17<sup>th</sup> @ 3 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"

## Anger: How it helps and how it hurts – April 24<sup>th</sup> @ 3 p.m. ET



Anger is one of our most basic and powerful emotions. Anger serves important purposes in our lives but it can also be destructive. Join this webinar to learn more about anger and its potential to both help and harm.