

Putting worry on the back burner – June 5th @ 3 p.m. ET



Do you consider yourself a "worrier?" Do others say you worry too much? Do problems keep you awake at night or distract you during the day? If any of your answers are "yes," you may want to attend this webinar. You'll be able to:

- Evaluate your "worry level"
- Find out how to reduce worrying
- Learn how to replace worry with an action plan

Talking to your kids about the facts of life – June 14th @ 1 p.m. ET



Where do babies come from? Did you ever use drugs? These are only a few of the questions that can make parenting so hard. Join this webinar to learn how to help your children grow into healthy adults. We'll cover:

- Different topics of concern
- The importance of talking about these subjects with your child
- Tips for making the most of these conversations

The power of positive thinking – June 19th @ 3 p.m. ET



Do you tend to be a positive or a negative thinker? Join this webinar to learn the differences between positive and negative thinking and what the traits to each are. We will discuss how to turn that negative thinking into positive thinking!

Understanding emotional eating – June 26th @ 1 p.m. ET



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