

Taking your zzz's seriously – Dec 6 @ 3 p.m. ET



Who couldn't use better sleep and more of it? This webinar will review:

- What "normal" sleep looks like
- Signs you might have a sleep disorder
- Tips to help improve your sleep.

Ready, set, relax – Dec 13 @ 3 p.m. ET



Do you know how to calm yourself when you need all your energy to cope? Come to this webinar to add to your toolbox with de-stressing techniques like:

- Mindfulness
- Physical and mental exercises
- Meditation, deep breathing, sensory awareness and more

Getting unstuck: Breaking old habits – Dec 18 @ 3 p.m. ET



Habits can be helpful. But some can be problematic or even harmful to yourself or others. While it can be difficult, it's possible to break lifelong habits. Are you ready for the challenge? Join this webinar to learn strategies to get control over even the most stubborn habits.