

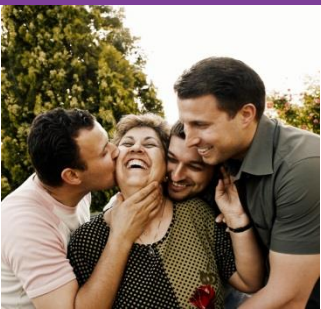
Holiday stress: What to expect and how to cope – Nov 1 @ 3 p.m. ET



The holidays are upon us and most people are feeling the extra stress and tension. Join this important webinar to get ideas on how to manage the pace of the next few months ... and enjoy your holidays!

- Causes of holiday stress
- Demands of holiday season
- Tips for managing your expectations and stress level for a happier holiday time!

It's all relative: Understanding family dynamics – Nov 6 @ 3 p.m. ET



Come to this webinar to learn more about what makes families "tick." Explore boundaries, traditions, roles, values, power issues and more within the family unit.

- Get a better understanding of how families work
- Learn about your place in your family
- Become more aware and prepared for your family encounters"

Learning the art of small talk – Nov 15 @ 3 p.m. ET



Do you find yourself feeling awkward in social settings where making small talk is key? Join this webinar to talk about:

- How to begin a conversation
- How to continue the conversation
- The role of body language
- How to control anxiety in social situations

Understanding Alzheimer's – Nov 20 @ 3 p.m. ET



Alzheimer's is not a normal part of aging. It's a disease. Doctors around the world are hard at work to understand and someday cure it. Join this webinar to learn more about symptoms, treatments and support for Alzheimer's patients and caregivers.