

How parents can be good fans and role models – May 7 @ 3 p.m. ET



Do your kids play tennis, soccer, basketball or other sports? As a parent, have you considered how important your influence can be? Come to this webinar to hear and discuss topics like:

- Why do your kids play sports and what do they get out of their participation?
- How can your behavior impact your child's experience?
- What steps can you take to be a great fan and good example to your child?

Unplug to recharge – May 14 @ 3 p.m. ET



While it's hard to deny the advantages of technology, many of us may have an unhealthy attachment. Feeling like you are caught up in the social media madness and need to recharge? This workshop will talk about :

- The reasons you need to unplug
- How to unplug
- Steps to have a better balance

Tips for summer safety – May 21 @ 3 p.m. ET



Summer is a good time to feel carefree, but not a good time to be "careless!" Attend this webinar for tips and reminders including:

- Sun protection
- Water safety
- Heat precautions
- And more!

Understanding anxiety – May 30 @ 3 p.m. ET



Many people worry. But how do you know your worrying is a problem? Anxiety disorders are one of the most common mental health issues in the United States. Join this webinar to learn:

- What anxiety is and when it's an issue
- Different types of anxiety
- Solutions for anxiety