

Nurturing friendships – Sept 5 @ 3 p.m. ET



What do your friendships mean to you? Are you looking to make new connections or wonder how to say goodbye to old ones? Join this webinar to learn where to find friends, how to maintain and nurture friendships, and how to say good-bye to a friendship that is no longer healthy or you have moved on from.

Challenges of working parents – Sept 10 @ 3 p.m. ET



Did you know that both parents work in over half of two-parent households? This statistic is even higher for single caregivers. Join this webinar to learn about how to stay sane and keep a work-life balance. We will discuss:

- Tips on time management
- How to prep and plan
- Ways to divide and conquer
- How to make time for you

What's your happiness score? – Sept 17 @ 3 p.m. ET



What's your happiness score? Tips on living a healthier, happier life. How happy are you? If you're like most people, you might be chasing after the wrong things to be happy. This webinar will provide you with:

- The definition of happiness
- A snapshot of your own happiness
- Tips to feel happier

"If only": Coping with regret – Sept 26 @ 3 p.m. ET



Everyone has their share of regrets. But you can't live a happy, healthy life if you're always feeling guilty about what you "should've" or "could've" done differently. Join this webinar to find out how regret can:

- Be positive and productive
- Open the door to greater self-knowledge
- Motivate you to set new goals and take new opportunities"