

Building a healthy body image – Jan 9 @ 3 p.m. ET



Many of us have a complicated relationship with our bodies. Maybe you don't like the way you look. Maybe you say a lot of negative things to yourself when you look in the mirror. And this can be toxic. This webinar will explore:

- What goes into a body image
- The importance of a healthy body image
- Steps to improve your body image.

Simplify your life – Jan 16 @ 3 p.m. ET



Are you so busy with life that you miss out on what matters most? If so, you're not alone. Most of us get stuck with physical and emotional clutter. Join us to discuss:

- How modern life can create stress
- Ways to focus on what's important to you
- Tips de-clutter and simplify your life

Memory improvement for daily life – Jan 23 @ 3 p.m. ET



Do you ever go downstairs to get something and then forget why you're there? This and other memory problems can be quite common in people of all ages. Join this webinar to find out:

- How we remember things
- Why we forget things
- Tools and tips for improving your memory

*This webinar is not intended for those diagnosed with cognitive loss or impairment.

Pennywise: Everyday budgeting and saving – Jan 28 @ 3 p.m. ET



Bills, savings, retirement- Sometimes it feels like there's never enough money to go around. Budgeting can feel like a chore. Come to this webinar to learn tips to making your money stretch a little farther so you can accomplish your financial goals.

- Set your financial goals
- Find out where you stand
- Develop tools to become a smarter spender