

Letting go of the past: Your life is now – March 5 @ 3 p.m. ET



Do you have trouble letting go of feelings of hurt or loss from the past? Join this webinar to get tips on how to:

- Forgive
- Move on after a loss
- Make your life more positive, memorable and happy

Thriving in your empty nest – March 12 @ 3 p.m. ET



Have your grown-up kids left the "nest"? Do you sometimes feel sad and lonely? If so, you may have "empty nest syndrome" – a common feeling for parents when adult kids leave home. Join this webinar to learn:

- What your feelings are about
- Why separation can be complex and painful
- What you can do to feel better and succeed in this new stage of life

All work and no play: Avoiding burnout – March 21 @ 3 p.m. ET



- Are you exhausted all the time?
- Do you find that most of your tasks either bore or overwhelm you?
- Do you feel like nothing you do makes a difference or is appreciated?

You could be suffering from burnout—a state of mental, emotional and physical exhaustion. Attend this webinar to learn more about how to handle your needs and rekindle your energies.

Hobbies: Good medicine for mind and body – March 26 @ 3 p.m. ET



Sometimes we get so busy in our everyday lives that we forget to do things we enjoy. This includes making time for hobbies. Hobbies are activities we do because we like them, they give us time out from our routines and they bring pleasure. Join this webinar to learn more about:

- Why everyone needs hobbies
- How we benefit from hobbies
- How to identify hobbies that are right for you