

Winning at life: Success is for everyone – Feb 7 @ 3 p.m. ET



Feel like you don't measure up? Many messages about success can make us feel discouraged. If you're not winning, you must be losing, right? Wrong. Join this webinar to discuss:

- Myths about winning and losing
- How to redefine success
- Tips to find success - on your terms

No excuses: Getting beyond the ifs and buts in life– Feb 12 @ 3 p.m. ET



Walt Disney said "If you can dream it, you can do it." That worked for him. But how many of us get bogged down in all the reasons why we just don't think we can succeed? Join this webinar to learn:

- How the "ifs" and "buts" can keep you paralyzed
- Why fear is so powerful
- Ways to tame fears and excuses—and rise above them

Wellness for busy people – Feb 21 @ 3 p.m. ET



We all know that it's easier to go through the drive through or skip the gym, especially when you're busy. So, how can you fit health into your too-full schedule? This webinar will review:

- How making healthy choices makes you more productive
- Tips for eating well
- Ways to squeeze in some exercise"

End of life wishes: Having the conversation – Feb 28 @ 3 p.m. ET



Many people have strong feelings about their end-of-life care. Yet many never tell their family – or even their doctors – what their wishes are. Join this webinar to learn:

- Ways to start and handle the conversation with your loved one
- Who to include in the discussion
- How this difficult talk can create positive, loving feelings