

Managing worry in worrisome times – May 5 @ 3 p.m. ET



Worrying is natural. But is it working for you or against you? The world will always provide things to worry about. But how do you want to respond? Join this webinar to:

- Understand worrying
- Learn how worry can be healthy
- Identify worry problems and patterns
- Learn skills to manage worry

The reasons we eat: Understanding emotional eating – May 12 @ 3 p.m. ET



Have you ever consumed an entire bag of chips without realizing it? When you're sad or upset, do you crave certain "comfort foods?" Our eating choices are driven by more than hunger. Attend this webinar to learn about how feelings can lead to an unhealthy relationship with food.

- Define emotional eating
- Learn what triggers your emotional eating
- Develop tools to build a healthy relationship with food

Change: How to adapt, cope and respond – May 19 @ 3 p.m. ET



Change is the one constant in our lives. So why is change always so hard? This webinar is intended to provide you with a basic understanding of how you can navigate all this change.

- Impact of change
- Phase of change
- Tools to cope with change

Anger: How it helps and how it hurts – May 28 @ 3 p.m. ET



Anger is one of our most basic and powerful emotions. Anger serves important purposes in our lives but it can also be destructive. Join this webinar to learn more about anger and its potential to both help and harm.