

Strengthening your relationship in today's tough times – April 2nd @ 3 p.m. ET



Long-term relationships have never been easy. But there are so many pressures today that it can seem especially hard. Join this webinar to learn about typical couple's issues and ways to approach them that can help strengthen your bond.

- Discover the most common couple stressors
- See how roles, expectations and reactions can lead to conflict
- Learn steps to help you and your spouse or partner work as a team

Breathe your way to less stress and better health – April 9th @ 3 p.m. ET



Who isn't stressed these days? But if it isn't managed, stress can damage your health. The good news is, you don't need to take a long vacation to reduce your stress. All you need is air. Join us to learn:

- How stress impacts your breathing
- How deep breathing can lower your stress
- Three techniques for deep breathing

Think yourself healthy – April 16th @ 3 p.m. ET



How important is your thinking? Does your attitude really matter? Join this webinar to learn about:

- How your thoughts can impact your overall wellbeing
- The power of visualization
- Tips to improve your health and happiness

Financial worries in the house – April 23rd @ 3 p.m. ET



Financial stress can turn into family stress. And children are able to sense when you're upset. But how much information should you share? After all, do children really understand money? Join this webinar to discuss:

- How economic problems create unique parenting challenges
- What information to share
- Tips for having these conversations

Coping with job loss – April 30th @ 3 p.m. ET



Has anyone you know lost their job recently? If so, they're not alone. Join this webinar to learn about typical emotions tied to job loss, as well as suggestions on how you can be supportive to someone dealing with job loss.