

How small changes lead to big results – June 2 @ 3 p.m. ET



Often we're focused on "all or nothing." And this line of thinking can make us want to give up before we even get started. But what if you don't have to overhaul your life and habits to achieve the results you really want? This webinar will review:

- Why making any changes is hard
- How your thinking creates your results
- Why consistent action is key to success

What parents need to know about teen suicide – June 9 @ 3 p.m. ET



Teen suicide can be a scary topic. But it's important for parents and educators to understand the issue. This webinar will review:

- Facts about teen suicide
- Warning signs
- How to talk to your teen about suicide and where to seek help

Hobbies: Good medicine for body, mind and spirit – June 16 @ 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

Taking your zzz's seriously – June 23 @ 3 p.m. ET



Who couldn't use better sleep and more of it? This webinar will review:

- What does "normal" sleep look like?
- Signs you might have a sleep disorder
- Tips to help improve your sleep.