

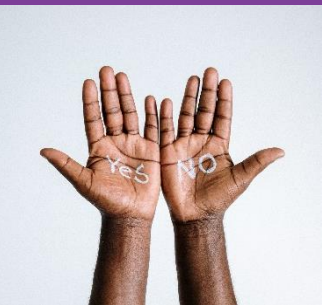
Understanding learning styles – Oct 6 @ 3 p.m. ET



You're learning all the time – even when you're not thinking about it. Studies show that we all learn differently. Join this webinar to find out:

- The basic learning styles and their key characteristics
- How your style can influence your school experience, career, relationships and other aspects of your life
- How understanding your style can help you become a better communicator, more effective learner and more

Learning to say no: an important life skill – Oct 13 @ 3 p.m. ET



Do you feel obligated to say "yes"? If so, join this webinar to learn:

- How to say "no" without feeling bad or hurting others
- Why you might agree to do something when you don't want to or don't have the time
- How to assert your boundaries with others by saying "no" and feeling good about it

Teaching your kids good money skills – Oct 22 @ 3 p.m. ET



One of the most important lessons you can teach your kids is how to handle money. Join this webinar to learn:

- Basic money skills you can start teaching in grade school or earlier
- What your saving and spending habits tell your kids
- How healthy financial habits can help your kids beyond the dollars and cents

Wellness for busy people – Oct 29 @ 3 p.m. ET



We all know 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