

Tips for summer safety – June 10 @ 3 p.m. ET



Summer is a good time to feel carefree, but not a good time to be careless! Attend this webinar for tips and reminders including:

- Sun protection
- Water safety
- Heat precautions and more

Being your best self: Self-esteem for adults – June 15 @ 3 p.m. ET



Do you put yourself down even when praised, see your efforts as never quite “good enough,” or doubt your decisions most of the time? If so, it could be low self-esteem that’s causing you to be extra hard on yourself.

Even as grown-ups, feeling confident and secure inside can be a challenge at times. Join in to learn about adult self-esteem and get tips on how to improve how you feel about you!

Hobbies: Good medicine for mind and body – June 24 @ 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

Perils of perfectionism and procrastination – June 29 @ 3 p.m. ET



Do you “put off for tomorrow what you could do today?” Listen up, procrastinators and perfectionists: Now’s the time to learn what your behavior is all about and work on some changes that will make you less stressed, happier and more productive too!

- Why do people procrastinate?
- How is perfectionism involved?
- Tips for beating procrastination