

No more FOMO: Fear of missing out – November 4 @ 3 p.m. ET



Are you living on social media? Are you afraid you're going to miss out on something big? If so, join us to discuss ways to overcome FOMO and start living in the here and now.

Holiday stress: What to expect and how to cope – November 11 @ 3 p.m. ET



The holidays are upon us and most people are feeling the extra stress and tension. Join this important webinar to get ideas on how to manage the pace of the next few months ... and enjoy your holidays!

- Causes of holiday stress
- Demands of the holiday season
- Tips for managing your expectations and stress level for a happier holiday time!

Power of positive thinking – November 18 @ 3 p.m. ET



Do you tend to be a positive or a negative thinker? Join this webinar to learn the differences between positive and negative thinking and the traits of each. We will discuss how to turn that negative thinking into positive thinking!

Understanding emotional eating – November 30 @ 3 p.m. ET



The reasons we eat: Understanding emotional eating, Discover what emotional eating is and the factors that can trigger it. Define your personal triggers and learn how to detect physical from emotional hunger. We will also explore implementing a new skillset to overcome emotional eating.