

Where are my keys? Tips for getting organized — August 6th @ 3 p.m. ET



Are you forever promising yourself you're going to get more organized? Many of us do the same thing. Join this webinar to learn:

- Why is getting organized so challenging?
- What stands in the way?
- How can organization improve your life?

44.36.900.1-080615

Being a team with your child's teacher — August 12th @ 3 p.m.



From the earliest grades on, it is important that you become actively involved in your child's education. Establishing a good working relationship with your child's teachers can make this happen. Outside of family, few people influence children more than teachers. Join this webinar to talk about:

- Is this really that important?
- How to build that parent/teacher relationship
- How to get more involved with your child's schoolwork
- What to do if there are issues

44.36.900.1-081215

Breathing your way to less stress and better health— August 19th @ 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

44.36.900.1-081915

Strengthening your relationship in today's tough times — August 25th @ 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

44.36.900.1-082515