

Visit your member website to register for these webinars. Seating is limited so register early!

Making time for me: Finding worklife balance  
 February 7th @ 3 p.m. ET



If you're like most people, you juggle a lot of roles. You may have demands from work, family and friends. But what about you? When do you make time for yourself? This webinar will discuss:

- How work and life imbalance causes stress
- Why you need "me time"
- Tips for making time for yourself

44.36.900.1-020715

Social media etiquette #getsocial  
 February 11th @ 3 p.m. ET



When it comes to social media, what are the rules? How do you connect with people without committing a social "no-no"? Intended for beginners to Facebook, Instagram and Twitter — this webinar will offer tips to get social online.

- Review different social media platforms
- Offer tips to connect with others
- Discuss social media faux pas and how to avoid them

44.36.900.1-021115

Making your doctor's visit count  
 February 17th @ 3 p.m. ET



Do you get flustered when you're at the doctor's office? Have a hard time taking in new information during your appointment? Feel rushed or forget to ask all your questions? If so... join the crowd! And join this webinar to learn:

- How to prepare for your visit and get your questions answered
- The ins and outs of "doctor's office diplomacy"
- Tips to be sure your needs are met!

44.36.900.1-021715

Beating the winter blahs  
 February 24th @ 3 p.m. ET



Do you feel sluggish, bored, shut in and perhaps a bit blue now that holiday season is behind us, but spring is still weeks away? Does it sometimes feel like winter will never end? Sign up for this webinar to learn more about the winter blahs and how to cope.

- What causes the winter blahs?
- Differences between the blahs and SAD (seasonal affective disorder)
- Simple solutions and ways to "tune up" your attitude now!

44.36.900.1-022415