

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

Caregiving: The personal price, challenges and rewards
March 4th @ 3 p.m. ET



Caring for another person — whether a relative, spouse, partner or friend — can be physically and emotionally draining. However, it can also offer rewards. Join this webinar to learn more about how to manage your caregiving role to achieve better balance and maintain your wellbeing. Learn about:

- The stresses of caring for another person
- The benefits caregivers can get from their task
- How and why caregivers need care too!

44.36.900.1-030415

Finding comfort beyond your comfort zone
March 11th @ 3 p.m. ET



Do you find yourself feeling “stuck” in the same old-same old? Or maybe recent events have thrown you out of your comfort zone. Join us for this webinar to discuss:

- How being uncomfortable can be good for you
- Ways to get out of your comfort zone
- Tips for personal growth

44.36.900.1-031115

Kids and sports: How parents can be good fans and role models
March 19th @ 3:00 p.m. ET



Do your kids play tennis, soccer, basketball or other sports? As a parent, have you considered how important your influence can be? Come to this webinar to hear and discuss topics like:

- Why do your kids play and what do they get out of their participation?
- How can your behavior impact your child’s experience?
- What steps can you take to be a great fan and good example to your child?

44.36.900.1-031915

No excuses! Getting beyond the “IFs” and “BUTs” in life
March 26th @ 3 p.m. ET



Walt Disney said “If you can dream it, you can do it.” That worked for him. But how many of us get bogged down in all the reasons why we just don’t think we can succeed? Join this webinar to learn:

- How the “ifs” and “buts” can keep you paralyzed
- Why fear is so powerful
- Ways to tame fears and excuses — and rise above them

44.36.900.1-032615