

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

Retirement: What does it mean to you? — February 4 @ 3 p.m. ET



Retirement is about more than just projecting your future financial needs. It's thinking and planning for a whole new phase of your life. Join this webinar to get ideas and insights on your options at retirement. Topics include:

- Where did our parents' retirement go?
- What does today's retirement look like?
- Tips for designing your retirement so it works for you!

Note: this webinar is not about financial planning or ways to finance retirement.

44.36.900.1-020416

Learning to say "no": An important life skill — February 11 @ 3 p.m. ET



Do you feel obligated to say yes? If so, join this webinar to learn:

- How you can say "no" without feeling bad or hurting your friends, family or co-workers
- Why you might agree to do something you don't want to or don't really have time for
- How to assert your boundaries with others by saying "no" and feeling good about it!

44.36.900.1-021116

Life lessons: Talking to your kids about the facts of life — February 18 @ 3 p.m. ET



Where do babies come from? Why is school so important, anyway? These are only a few of the questions that can make parenting so hard. Join this webinar to learn how to help your children grow into healthy adults. We'll cover:

- Different topics of concern
- The importance of talking about these subjects with your child
- Tips for making the most of these conversations

44.36.900.1-021816

Powerful parenting — February 25 @ 3 p.m. ET



Parenting is one of the biggest and most challenging jobs you can face. Is there a "right" way to do it? Join us to discuss:

- Parenting tips
- How to cope with rebellion
- Ways to manage your feelings

44.36.900.1-022516