

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

The ABC's of estate planning— January 7 @ 3 p.m. ET



Do you have a will or estate plan? Do you need one? This webinar will provide some definitions and basics about estate planning. Join in to learn about:

- Deciding who gets your assets in the future
- Determining who takes care of your minor children if you're not here
- Making other decisions that can save your family money and stress

Note: This webinar is not legal advice, but it's a good way to learn some fundamentals about planning for the future.

44.36.900.1-010716

Investing in yourself through personal growth — January 14 @ 3 p.m. ET



We grow as individuals all the time. Sometimes it's in response to things that happen to us, around us or because of our own purposeful decisions to make change. Join this webinar to learn more about how you can:

- Identify and build on your strengths
- Improve your relationships
- Define your innermost values and goals

44.36.900.1-011416

Stop to smell the roses: Finding joy in life — January 21 @ 3 p.m. ET



If you're like most people, you spend most of your time rushing around and feeling stressed out. You might find that you're missing opportunities to enjoy everything you've got. There's new research about the science of being happy and how to get happier. This webinar will discuss:

- The science of happiness
- Happiness myths
- Skills to increase your happiness quotient

44.36.900.1-012116

Building self-esteem in children — January 26 @ 3 p.m. ET



What's the single most valuable gift parents can give their kids? A strong sense of self-esteem. Join this webinar to learn:

- Why self-esteem is so important for your children
- How your children's self-esteem influences their behavior, school performance, friendships — as well as careers, relationships and day-to-day life beyond childhood
- Specific ways you can help boost your children's self-esteem

44.36.900.1-012616