

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

Tips for summer safety — July 11 @ 3 p.m. ET



Summer is a good time to feel carefree, but not a good time to be “careless!” Attend this webinar for tips and reminders including:

- Sun protection
- Water safety
- Heat precautions
- And more!

44.36.900.1-071116

Raising confident kids — July 21 @ 3 p.m. ET



Kids who are confident are better able to deal with difficult choices and situations. They tend to create healthier relationships and fulfill their potential as they grow into adulthood. Join this webinar to learn ways to help improve your child’s self-confidence.

- What helps a child feel confident?
- What undermines a child’s confidence?
- Dos and don’ts for parents

44.36.900.1-072116

Think yourself healthy — July 26 @ 3 p.m. ET



How important is your thinking? Does your attitude really matter? Join this webinar to learn about:

- How your thoughts can impact your overall wellbeing
- The power of visualization
- Tips to improve your health and happiness

44.36.900.1-072616