

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

End of life wishes: How to have the conversation — September 8 @ 3 p.m. ET



Many people have strong feelings about their end-of-life care. Yet many never tell their family — or even their doctors — what their wishes are. Join this webinar to learn:

- Ways to start and handle the conversation with your loved one
- Who to include in the discussion
- How this difficult talk can create positive, loving feelings

44.36.900.1-090816

Powerful parenting — September 13 @ 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

44.36.900.1-091316

Good humor = good health and more — September 22 @ 1 p.m. ET



Does it help to have a sense of humor? The overwhelming answer is yes! Join this webinar to learn some of the benefits of seeing the lighter side like:

- How laughter decreases stress
- How humor can help overcome conflict
- Why laughter really is the best medicine!

44.36.900.1-092216

Building self-esteem in children — September 29 @ 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

44.36.900.1-092916