**Monthly Theme** | **Monthly Webinar** | **Webinar Description**
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Jan | Taking a Closer Look at Nutrition | **Eating Right for Life**
| Tuesday, January 19th | Coffee for breakfast, candy bar for lunch, and dinner on the run? If this sounds familiar, don’t miss this opportunity to become more knowledgeable about balanced nutrition. In this webinar you will learn how to adopt healthy and sustainable eating habits that work for you and your schedule.

Feb | Financial Planning for the Near Future | **Making Tax Returns Less Taxing**
| Tuesday, February 16th | Filing tax returns can be very stressful. Let us relieve some of that stress by tackling common questions and concerns about the filing process. In this webinar, a tax specialist will discuss key decisions and mistakes to avoid with regard to selecting the correct tax forms, determining filing status, and making deductions and adjustments.

Mar | Helping Children Develop Healthy Interests | **Summer Planning for Your Children**
| Tuesday, March 15th | The summer may seem far off, but now is the time to start thinking about creating a rich and rewarding summer experience for your child. This webinar is designed to help you assess your child’s needs, interests, and developmental stage, while you define and explore different summer options.

Apr | Prioritizing for a Productive and Fulfilling Lifestyle | **Five Buckets Principle**
| Tuesday, April 19th | Is it possible to meet the competing demands of job, family, friends, school and work? The resounding answer is yes! In this webinar, you will learn the Five Buckets Principle of work-life balance, which focuses on identifying priorities, making choices and managing expectations.

May | Keeping Up with Your Connections | **Communicating in Relationships: 5 Steps to the Best Fight Ever**
| Tuesday, May 17th | Wouldn’t it be great if you could express yourself well in a fight and ask for what you really want and need? In this practical, research-inspired workshop you will learn how to transform your next conflict into a conversation that leaves both parties feeling heard and respected.

Jun | Learning for a Lifetime of Development | **College Transition**
| Tuesday, June 21st | Preparing for college can be a daunting task. This webinar addresses both the psychological and financial aspects of this new phase of life as well as mapping out a timeline of important milestones in the college process (e.g., standardized testing, applications, admissions, and financial aid).

Jul | Practicing Self-Care at Every Age | **Taking Care of Your Skin**
| Tuesday, July 19th | Having healthy skin is important not only for your appearance, but because your skin performs so many important tasks for your body. This webinar will provide an understanding of the various functions of the human skin, some of the common disorders of the skin, and how to maintain good skin health.

Aug | Getting a Handle on Harassing Behavior | **Bullying and Social Media**
| Tuesday, August 16th | As social media becomes more and more a part of our children’s lives, how can we determine which platforms are age-appropriate and safe? This webinar will give you suggestions on ways to protect your children on social media; provide warning signs of cyber bullying and empower you to proactively monitor your children’s online activity.

Sep | Lessening the Burden of Legal Matters | **The Importance of Having a Will**
| Tuesday, September 20th | There is much confusion about what you need to do preserve your wealth and end-of-life intentions. This webinar will focus on understanding basic will terminology, understanding why a will is important, the cost of wills and estate planning, and the pros and cons of various will options.

Oct | Coping with Serious or Chronic Conditions | **Protecting Our Precious Lives: Cancer Awareness**
| Tuesday, October 18th | This webinar examines the steps we each have to take toward becoming healthier, with a focus on prevention as the ultimate goal. We’ll round out the session with a discussion of breast, ovarian, prostate and other cancer risk factors to consider; self-care strategies; and what we can do to empower ourselves to make positive lifestyle choices.

Nov | Bringing Out Your Best During the Holidays | **Managing Holiday Madness**
| Tuesday, November 15th | While many of us find comfort in our holiday rituals, like spending time with loved ones and enjoying social events, there are aspects of the holiday season that leave us feeling less than festive. Coping with these feelings requires some introspection and planning. In this webinar, you will come to better understand your holiday stressors and acquire stress management tools to help you embrace the holidays rather than dread them.

Dec | Easing the Stress of Senior Living Transitions | **What to Look Out for as Our Loved Ones Age**
| Tuesday, December 20th | Those of us who have senior loved ones in our lives want to be sure they’re well cared for. This webinar will address some of the challenges elders face as they age, and solutions that we, as caregivers, can put into place from near or afar. We will discuss common eldercare issues and which eldercare systems can best address these concerns.