

LIVE WEBINAR SCHEDULE

WELL-BEING. DONE WELL.



To register for a webinar, click the desired title and complete the linked registration form.

<u>TITLE</u>	<u>DATE & TIME</u>
<u><i>Managing Your Money in Tough Times</i></u>	Wednesday, Jan 11th 1:30pm-2:30pm EST
<u><i>Exploring the Intersection between Mental Health and Physical Health</i></u>	Tuesday, Jan 25th 12pm-12:30pm EST
<u><i>Minimizing Worry to Maximize your Life</i></u>	Wednesday, Feb 8th 1:30pm-2:30pm EST
<u><i>Creating a Respectful Workplace</i></u>	Thursday, Feb 16th 12:00pm-12:45pm EST
<u><i>Workplace Differences: A Matter of Style</i></u>	Wednesday, March 8th 1:30pm-2:30pm EST
<u><i>Boundaries and Blindspots</i></u>	Tuesday, March 21th 12:00pm-12:30pm EST

Can't attend a desired webinar? No problem...

On-Demand webinars are available on our [Blog](#) or via your [Member Portal](#). An account may be required for access to materials on the Member Portal, please reach out to your account manager for more information.