

# Live Webinar Schedule

WELL-BEING. DONE WELL.



\*Webinars listed in **blue** are hosted on the Member Portal and App

| DATE/TIME                                | TOPIC                                                                        | CLICK HERE TO REGISTER |
|------------------------------------------|------------------------------------------------------------------------------|------------------------|
| Wednesday, Oct 13th<br>1:30pm-2:30pm EDT | <b>Prioritizing to Manage a Full Plate</b>                                   |                        |
| Wednesday, Oct 20th<br>12pm-12:45pm EDT  | <b>Our Money Personalities: What Really Drives Our Finances</b>              |                        |
| Wednesday, Nov 10th<br>1:30pm-2:30pm EDT | <b>LGBTQIA+ Sensitivity and Inclusion in the Workplace, and in your Life</b> |                        |
| Thursday, Nov. 18th<br>12pm-12:30 pm EDT | <b>Help! I Can't Stop Thinking</b>                                           |                        |
| Wednesday, Dec. 8th<br>1:30pm-2:30pm EDT | <b>The Time and Stress Management Tool Kit</b>                               |                        |
| Wednesday, Dec. 15th<br>12pm-12:45pm EDT | <b>10 Truths about Life in a Stepfamily</b>                                  |                        |

Can't attend a desired webinar? No problem!

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