

# LIVE WEBINAR SCHEDULE

WELL-BEING. DONE WELL.



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

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

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

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