

### Promotional campaign themes and Webinars

	Monthly Theme	Monthly Webinar Title	Webinar Description
			Join us for these introductory Webinars on work-life topics
Jan	Financial Freedom	<b>Financial Fitness: Living Within a Realistic Budget</b> January 20 1-2 pm and 3-4 pm EASTERN	Living within a realistic budget is do-able! Learn to make wise decisions and stretch your financial resources to make the most of what you earn. Discover the importance of setting realistic goals for long-term financial health.
Feb	Single Living	<b>Single and Loving It!</b> February 17 1-2 pm and 3-4 pm EASTERN	Table for one? Learn to make the most of your single life while living in a world geared toward couples. Single does not have to equal lonely. This session will explore the positive aspects of living single in today's world.
Mar	Well-Being	<b>Live Well on the Fast Track</b> March 17 1-2 pm and 3-4 pm EASTERN	Exercise? Cooking healthy foods? Relaxation? Who has time in their day for all that? Learn basic tips and techniques for quick but effective exercise and fast but healthy meals and snacks.
Apr	Go Green	<b>It's Easy Being Green: Little Steps, Big Impact</b> April 21 1-2 pm and 3-4 pm EASTERN	Saving our planet for future generations is more important than ever. Having information thrown at us from all directions can be very confusing and stressful. Learn how to get started and how those seemingly small things really do make a difference now and in the future..
May	Practical Parenting	<b>Co-Parenting: Doing the Best for Your Kids While Parenting Apart</b> May 19 1-2 pm and 3-4 pm EASTERN	In today's family, many parents find themselves co-parenting or parenting apart. This session provides strategies to deal with this increasingly common family arrangement. Learn techniques to deal with differences in parenting style and communication.
Jun	Caregiving	<b>Suddenly, You're a Caregiver</b> June 16 1-2 pm and 3-4 pm EASTERN	Becoming a caregiver for adult dependents can happen in the blink of an eye. Sudden illness or other circumstances may throw you into this role unprepared. Learn how to prepare yourself so you can jump into action when faced with this challenge.
Jul	Life Begins at 50	<b>Celebrating Mid-Life: Looking Forward to Your Next 50 Years</b> July 21 1-2 pm and 3-4 pm EASTERN	50 looks a lot different than it did for your parents. We are living longer, working later in life and feeling that we are "just now hitting our stride." Learn how to take advantage of the next 50 years and create the life you want.
Aug	Raising Teenagers	<b>Strategies for Success: Organizational Tips for Teens</b> August 18 1-2 pm and 3-4 pm EASTERN	"Mom—I can't find my backpack!" Many teens find it very difficult to get organized, but with proper examples and coaching they can do it. Learn strategies to help your teen become more organized and prepared to meet future challenges.
Sep	Life's Transitions	<b>Ain't Life Grand: Opportunities for Growth</b> September 15 1-2 pm and 3-4 pm EASTERN	Major life transitions in work and life can be turned into opportunities for growth and learning. In this session, attendees will learn how to take any life transition and make it a positive and productive time of life.
Oct	Learning for a Lifetime	<b>Life-Long Learning: Selecting the Path that is Right for You</b> October 20 1-2 pm and 3-4 pm EASTERN	Continuing to learn throughout life is essential to our personal and professional growth. Attendees will learn about educational opportunities that are right for them. Fulfillment may be found through formal education, learning for personal growth or the opportunity to educate another.
Nov	Revive. Refresh. Relax.	<b>Creating a More Resilient You</b> November 17 1-2 pm and 3-4 pm EASTERN	This session explores strategies for remaining resilient and healthy amidst the relentless demands of work, unending personal responsibilities and unexpected setbacks. Achieving resilience gives one the ability to enjoy life in a healthy state and meet the roadblocks head on with a positive "can do" attitude.
Dec	The Smart Consumer	<b>Safe Shopping: Protecting Yourself Against Consumer Fraud</b> December 15 1-2 pm and 3-4 pm EASTERN	Shopping during the holidays, or any time, can leave us open to consumer fraud. In this session, attendees will learn how to protect themselves whether shopping from home or at the mall.