



Financial Wellness: Holiday Budgeting - 12/3/25

Wednesday, December 03 1:00-2:00 pm EST

Sometimes it is hard to stick to a budget during the holidays. You will learn how to manage holiday spending and re-examine your expectations to stay within your financial means.

Register Today!



Emotional Wellness: Stick with It - 12/04/25

Thursday, December 04 1:00-2:00 pm EST

What dreams and goals do you harbor that seem out of reach? In this program participants will learn tips and insights about making those dreams a reality. We will discuss using plans, identifying obstacles, their accompanying myths and more.

Register Today!



Aging & Adult Care: Family Meetings & Having the Care Conversation - 12/10/25

Wednesday, December 10 1:00-2:00 pm EST

Family meetings are an essential part of making certain that conflict is diminished among all of your family members. This Talk will cover how to prepare for a family meeting, communicate with older adults and other family members about important decisions such as health, housing, finances and legal issues. We will go over starting the conversation, effective communication, dealing with denial and more.

Register Today!



Child Care & Parenting: Healthy Kids - 12/17/25

Wednesday, December 17 1:00-2:00 pm EST

In this Talk, participants will learn essential healthy habits to instill in children to ensure they grow into healthy adults. Participants will explore the research behind living a healthy lifestyle, practicing preventive healthcare for kids, and the profound impact these habits have on their developing minds and bodies.

Register Today!



Succeed at Work: Managing Work and Life - 12/18/25

Thursday, December 18 1:00-2:00 pm EST

This Talk provides strategies to successfully manage your work and personal responsibilities. We will discuss causes of work-life stress, assessing goals and priorities, and managing personal and professional responsibilities.

Register Today!



Your Healthy Lifestyle: Compassion Fatigue - 12/23/25

Tuesday, December 23 1:00-2:00 pm EST

Compassion fatigue is the physical, emotional, and psychological impact of helping others and is often mistaken for burnout. This Talk will guide you through how to recognize the signs of compassion fatigue and real life strategies on how to cope.

[Register Today!](#)

