

February 2026

Tuesday, 3 FEB, 2 pm EST

Healthy Living Part II

Resiliency is not just an innate trait; it can be learned and developed through the thoughts, beliefs, and behaviors we adopt during challenging times. While we all encounter personal and professional obstacles, our resilience defines our ability to bounce back and move forward despite adversity. In this transformative two-part presentation, participants will explore effective strategies to enhance their resilience and learn how to seamlessly integrate these best practices into their daily lives. Join us to cultivate the strength and mindset needed to thrive through life's challenges.

Presenter: Alan Tamai, MFT

TEAMS Registration Link, [Here](#) or <https://events.teams.microsoft.com/event/58b482ac-6ca3-4841-8276-a83677f10217@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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[+1 417-501-2485,,927673664#](tel:+14175012485,,927673664#) United States, Springfield

[Find a local number](#)

Phone conference ID: 927 673 664#

Tuesday, 10 FEB, 2 pm EST

Budgeting, Relationships and Life Events (DOD Only)

This presentation is back to the basics of finance. How do you build a strong base and keep building on that base. This course will discuss budgeting ideas, pitfalls to watch out for, discuss money and relationships, and how to build credit.

Presenter: Andrew Hall

TEAMS Registration Link, [Here](#) or <https://events.teams.microsoft.com/event/b503194a-3126-4105-b64c-b31cebea9648@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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Phone conference ID: 675 409 816#

Tuesday, 17 FEB

HOLIDAY, NO WEBINAR

Tuesday, 24 FEB, 2 pm EST

Budgeting, Relationships and Life Events (DON Only)

This presentation is back to the basics of finance. How do you build a strong base and keep building on that base. This course will discuss budgeting ideas, pitfalls to watch out for, discuss money and relationships, and how to build credit.

Presenter: Andrew Hall

TEAMs Registration Link, [Here](#) or <https://events.teams.microsoft.com/event/fffe441e-3bcf-445d-8fe6-4e11107ff13a@a9df4fcb-7f39-49f4-9d70-1ee81b27a772>

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