Visit your member website to register for these webinars. Seating is limited so register early!

Stop to smell the roses: finding joy in life
June 5th @ 3 p.m. ET

If you’re like most people, you spend most of your time rushing around and feeling stressed out. You might find that you’re missing opportunities to enjoy everything you’ve got. There’s new research about the science of being happy and how to get happier. This webinar will discuss:
- The science of happiness
- Happiness myths
- Skills to increase your happiness quotient

Tips for summer safety
June 11th @ 3 p.m. ET

Summer is a good time to feel carefree, but not a good time to be “careless!” Attend this webinar for tips and reminders including:
- Sun protection
- Water safety
- Heat precautions
- And more!

Learning how to say “no”: an important life skill
June 19th @ 3 p.m. ET

Do you feel obligated to say yes? If so, join this webinar to learn:
- How you can say “no” without feeling bad or hurting your friends, family or co-workers?
- Why do something you don’t want to or don’t really have time for?
- How to identify your boundaries with others by saying “no” and feeling good about it!

Retirement: What does it mean to you?
June 25th @ 3 p.m. ET

Retirement is about more than just projecting your future financial needs. It’s thinking and planning for a whole new phase of your life. Join this webinar to get ideas and insights on your options at retirement. Learn about:
- Where did our parents’ retirement go?
- What does the “new” retirement look like?
- Tips for designing your retirement so it works for you!