<table>
<thead>
<tr>
<th>Monthly Theme</th>
<th>Monthly Online Seminar</th>
<th>Online Seminar Description — Online Seminars can be found on your home page or you can search for them by title.</th>
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| JAN | WHY WEIGHT?  
Look beyond your scale. | A Healthier You  
Available on demand starting JAN 19<sup>th</sup>  
Making resolutions? This year resolve to create a personal plan to improve your overall health in the areas of nutrition, physical fitness, and mental health. |
| FEB | BEYOND DATE NIGHT  
Creating ways to connect. | Keeping Your Love Alive  
Available on demand starting FEB 16<sup>th</sup>  
Learn the 10 relationship essentials, how to cope with challenges and conflict, and how to balance communication styles while keeping your relationship fresh. |
| MAR | LIGHTS OUT!  
Getting your zzz's. | Let’s Sleep On It  
Available on demand starting MAR 15<sup>th</sup>  
There’s nothing like a good night’s sleep. Learn about the types of sleep, steps to help you have better quality sleep, as well as myths about sleep. |
| APR | HOME SWEET HOME  
To buy or not to buy? | Home Buying 101  
Available on demand starting APR 19<sup>th</sup>  
Is home ownership right for you? This online seminar will explore the advantages and disadvantages of home ownership. |
| MAY | DEALING WITH DEPRESSION  
Is it more than just the blues? | Beating the Blues  
Available on demand starting MAY 17<sup>th</sup>  
We all feel sad sometimes. Get techniques for beating the blues, and learn to recognize the difference between sadness and depression. |
| JUN | RETIREMENT READY  
There’s more to it than money. | Retirement: It’s Not Just About the Money  
Available on demand starting JUN 21<sup>st</sup>  
You’re retiring, now what? Learn how to better prepare yourself for the retirement years to come. |
| JUL | GROUP EFFORT  
Family solutions for addiction. | Next Steps: Dealing With Addiction in a Loved One  
Available on demand starting JUL 19<sup>th</sup>  
You’ve identified that your loved one has an addiction—what’s next? Learn all about interventions, treatment options, and where to find help. |
| AUG | COLLABORATIVE CAREGIVING  
Available on demand starting AUG 16<sup>th</sup>  
Learn how to access care options and communicate productively with aging adults who can no longer live independently. |
| SEP | LISTEN UP!  
Getting through to your child. | Effective Communication With Children  
Available on demand starting SEP 20<sup>th</sup>  
Kids won’t listen? Learn techniques that help you to communicate more effectively and to avoid communication styles that hamper conversation and increase conflict. |
| OCT | KNOW YOUR NUMBERS  
Screening adds up to better health. | Better Health Through Screening  
Available on demand starting OCT 18<sup>th</sup>  
Find out which health screenings are most important for you and what those numbers mean. |
| NOV | MAKING AND BREAKING TRADITIONS  
Doing the holiday your way. | Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress  
Available on demand starting NOV 15<sup>th</sup>  
Is stress getting in the way of your holiday enjoyment? Explore ways to minimize the tension and increase the fun for all involved. |
| DEC | FOREVER YOUNG  
Mind, body, and spirit. | Lighten Up With Laughter  
Available on demand starting DEC 20<sup>th</sup>  
Everybody needs a good laugh. Learn about the many benefits of laughter and develop an action plan for improving humor in your life. |

**CALL OR GO ONLINE TO GET ANSWERS TO YOUR QUESTIONS**

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