

The power of paying it forward – November 3 @ 3 p.m. ET



There is so much positivity in giving and “paying it forward.” Not only does it impact the recipient of your good will, but you also benefit as well. Giving of ourselves spreads love and hope to all. Join this webinar if you want to get involved in making a positive difference in the lives of others.

'The ABCs of estate planning – November 10 @ 13 p.m. ET



Do you have a will or estate plan? Do you need one? This webinar will provide some definitions and basics about estate planning. Join in if you want to learn about:

- Deciding who gets your assets in the future
- Determining who takes care of your minor children if you're not here
- Making other decisions that can save your family money and stress

Note: This webinar is not legal advice, but it's a good way to learn some fundamentals about planning for the future

Teen sense: Healthy body, healthy mind – November 17 @ 3 p.m. ET



Learn ways to help your teen build a healthy foundation of habits in important areas of life. This webinar will cover social interactions, confidence and self-esteem, healthy eating, focus, and daily stress.

The many faces of loss: Healing through grief – November 22 @ 3 p.m. ET



How do you know when you're grieving? How do you know when you've healed from a loss? Grief has many faces – which can make it difficult to recognize. Join this webinar to learn more about grief and its characteristics, as well as tips to navigate the healing process while managing your personal grief.