

2017 BW Wellbeing Webinar Calendar

March

Date & Time	Topic	Description
3/14 @ 11:30AM CST Register for March Webinar	Eating Healthy on a Budget (ComPsych)	Don't let the idea that healthy food is expensive keep you from striving for a balanced diet. Take some time to learn new strategies to stick to your budget while enjoying healthy, nutritious foods.
3/16 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Preparing for Retirement: It's Never Too Early or Too Late (Vitality)	No matter what your retirement age, you can take important steps to ensure everything goes smoothly when the date approaches.
3/28 @ 11:30AM CST Register for March Webinar	Living with Change (ComPsych)	Even when we are able to see the advantages of change, it can be hard to say goodbye to what's changing. This workshop will provide you techniques to deal effectively with change.

April

Date & Time	Topic	Description
4/11 @ 11:30AM CST Register for April Webinar	Know Before You Go: Preparing for a Visit to the Doctor (ComPsych)	To get the most from your health care providers (HCPs) and an accurate diagnosis, preparation is the key.
4/20 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	How to Get a Good Night's Sleep (Vitality)	
4/25 @ 11:30AM CST Register for April Webinar	Basics of Estate Planning (ComPsych)	Although most people think estate planning is for just the elderly, it is actually important everyone else, too—especially for those with minor children, substantial assets or unusual circumstances.

All Vitality Webinars available to view for 90 days.



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May

Date & Time	Topic	Description
5/9 @ 11:30AM CST Register for May Webinar	School's Out: Getting Everyone Through the Summer (ComPsych)	This workshop offers several ideas on summer activities and provides practical suggestions on how to keep your kids safe while you're at work.
5/18 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Be Present, Be Listened To (Vitality)	
5/23 @ 11:30AM CST Register for May Webinar	Get Moving: An Introduction to Exercise (ComPsych)	In this workshop, we revisit the basic concepts of exercise, benefits of exercise, types of exercise, and how to begin and progress your exercise program safely.

June

Date & Time	Topic	Description
6/13 @ 11:30AM CST Register for June Webinar	Healthy Lifestyle: Changing the Way You Think about Diet and Exercise (ComPsych)	This workshop provides an overview of safe and effective strategies to improve overall fitness through manageable changes in diet and exercise.
6/15 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Relationships Matter: Making Time to Nurture Important Relationships (Vitality)	
6/27 @ 11:30AM CST Register for June Webinar	Helping a Loved One Through Difficult Times (ComPsych)	How do you balance your urge to show how much you care with your desire to respect your loved one's need for space and time to grieve or process their loss? In this workshop we'll discuss what you can do and, importantly, what you should not do in these situations.

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July

Date & Time	Topic	Description
7/11 @ 11:30AM CST Register for July Webinar	Balancing Work and Life (ComPsych)	This workshop will help participants explore and define home responsibilities, identify career requirements and prioritize leisure time.
7/20 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Healthy Travel: Do Vacations a Different Way (Vitality)	
7/25 @ 11:30AM CST Register for July Webinar	The Importance of Participating in Your Employer's Retirement Plan (ComPsych)	Your employer's retirement plan is an essential component of your future financial security. It is important that you understand how your plan works and what benefits you will receive.

August

Date & Time	Topic	Description
8/8 @ 11:30AM CST Register for August Webinar	Resiliency: Bouncing Back After a Setback (ComPsych)	This workshop will examine the characteristics of resilience and discover ways to introduce greater resilience into our lives.
8/17 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Active Commuting: Switch Up Your Commute (Vitality)	
8/22 @ 11:30AM CST Register for August Webinar	Learning to Say "No" (ComPsych)	By saying "no" we define who we are, what are willing or not willing to do and what we permit others to do to us. The ability to say "no" is critical skill that many have never developed or fear to use.

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September

Date & Time	Topic	Description
9/12 @ 11:30AM CST Register for September Webinar	Standing Tall: Handling Bullies On and Off the Playground (ComPsych)	While some people say that bullying is just part of growing up, recent incidents of school violence, which are linked to bullying, demonstrate that this is an issue to be taken seriously.
9/21 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Health and Your Surroundings: Rediscover Your Neighborhood (Vitality)	
9/26 @ 11:30AM CST Register for September Webinar	Stress: A Way of Life or a Fact of Life (ComPsych)	This workshop will help you to understand more about stress, identify your stressors and learn ways to cope with and manage high stress levels.

October

Date & Time	Topic	Description
10/10 @ 11:30AM CST Register for October Webinar	10 Strategies for Improving Your Finances (ComPsych)	The current economic climate brings both challenges and opportunities from a financial perspective. The 10 financial tips discussed in this workshop will get you on the road to financial wellbeing during challenging times.
10/19 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Stay Debt-Free this Holiday Season (Vitality)	
10/24 @ 11:30AM CST Register for October Webinar	Understanding Depression (ComPsych)	This workshop will identify the symptoms associated with depression, possible causes and treatments.

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November

Date & Time	Topic	Description
11/14 @ 11:30AM CST Register for November Webinar	Getting the Most Out of Your Health Benefits (ComPsych)	It is up to you to take advantage of all your plans have to offer. The main function is to keep you healthy and to potentially avoid catastrophic risk.
11/16 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Relax and Commit to Enjoying Your Life (Vitality)	
11/28 @ 11:30AM CST Register for November Webinar	Forgiving Yourself and Others (ComPsych)	Become a happier, healthier person with better relationships by practicing forgiveness. Using reflection, compassion and accountability can help us to forgive.

December

Date & Time	Topic	Description
12/12 @ 11:30AM CST Register for December Webinar	Managing Holiday Stress (ComPsych)	This workshop provides an overview of common stressors people encounter during the holidays, and offers “stress buster” tips to help you get the most possible enjoyment out of the season.
12/21 @ 2:00PM CST Vitality > Learning Center > Health Resources > Health FYI	Focus on Giving. Practice Random Acts of Kindness. (Vitality)	
12/27 @ 11:30AM CST Register for October Webinar	Gratitude: A Skill for Happier Living (ComPsych)	Providing sincere compliments can help us build relationships and be grateful for others. Rather than being grateful because we “ought to,” we can choose gratitude as a way of looking forward to each day.

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