January
Budgeting Basics: Financial Wellness is Within Reach!
Learn more about how to implement a plan to move towards financial wellness. A personal monthly budget is the tool that will bring order out of financial chaos.

February
Eat Your Way to Better Health!
Whatever your health-related goals might be, this session will empower you with nutrition resources and information to help you lead the longest and healthiest life possible.

March
Workplace Differences: A Matter of Style
Discover your personal learning, working and communication style to maximize your skills in the workplace with your fellow co-workers.

April
The Thriving Family: A parent’s guide to raising resilient kids
Explore the complexities of being parents, our relationship with our children, and the evidence-based approaches to foster resilience.

May
Painless Estate Planning
Join us to learn the simple steps you need to take to create a basic estate plan. We will cover the few basic documents that can save you and your family loads of aggravation and unnecessary expense.

June
Minimizing Worry to Maximize Your Life
In this webinar, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

Log as a “Pop-Up Event” for 10 Be Well UC points on the portal!

How to View:

Archives:
Visit the Impact Solutions page to view past webinars at your own convenience!

Web:
Visit the UC EAP webpage at: http://bit.ly/2jVey4L.

Phone:
For 24/7/365 assistance, call: 1-800-227-6007
UPCOMING WEBINARS

**July**
**Harnessing the Power of Social Media**
In this webinar, we will inform you on how to utilize social media effectively as well as how to avoid inappropriate use.

**August**
**Managing Negative People**
Explore different methods that will help you to defuse employee negativity and maintain a positive culture in your workplace.

**September**
**Legal & Financial Aspects of Eldercare**
Learn more about how to manage the stressful aspects of caregiving. We will go over the cost of caregiving and living expenses as well as the basics of Medicare and Medicaid.

**October**
**Investing 101**
Join us to learn about the building blocks of investing. We will cover what investing is, what it means, and also provide some insight into techniques to help you figure out which investing strategies are right for you.

**November**
**Five Generations in One Workplace**
Gain knowledge on how to better understand each generation while learning how to work together and maximize each other’s skills.

**December**
**Mindfulness in the Workplace**
Discover how mindfulness works and how it can benefit you and your success within the workplace.

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