

2020 LifeCare webinar calendar

To register for the monthly webinars, visit the Work-Life Services program tile on your member website and click on the link to “Visit the LifeCare Resource Center.”

JANUARY

Tuesday, January 28
Juggling Act: Work & Life

FEBRUARY

Tuesday, February 25
A Good Night Sleep

MARCH

Tuesday, March 24
Staying Strong and Resilient

APRIL

Tuesday, April 28
Stress Management

MAY

Tuesday, May 26
Eating for High Energy

JUNE

Tuesday, June 23
Be Positive

JULY

Tuesday, July 28
Workday Workouts

AUGUST

Tuesday, August 25
Get Organized

SEPTEMBER

Tuesday, September 22
Green Tips for the Home

OCTOBER

Tuesday, October 27
Maximizing Your Time

NOVEMBER

Tuesday, November 24
Holiday Budgeting

DECEMBER

Tuesday, December 22
New Years Resolutions