

You must register for each webinar to attend.  
Click **“REGISTER”** and fill in required fields on the registration page.

All webinars are scheduled for 12pm ET. Topics, dates and presenters are subject to change.

January 30

## Stress-Free Debt Elimination

Bills piling up? Can barely afford the minimum payments? Sleepless nights worrying about your debt burden? Get your life back by ELIMINATING debt. Ridding yourself of debt will reduce your stress and lead to financial freedom and peace of mind.

Presented by Mike Di Maio  
New Focus – NJ

**PLAYBACK**

February 20

## Recognizing and Understanding Implicit Bias

Implicit bias: The attitudes or stereotypes that affect our actions and decisions in an unconscious way. Discover where these biases come from and how they impact behavior as you learn to evolve your understanding of self and others.

Presented by Terri Howard  
Senior Director, FEI Behavioral Health

**PLAYBACK**

March 20

## Understanding the Food-Mood Connection

It's now generally accepted that a high-processed, high-sugar and low-nutrient diet contributes not only to poor health but also directly impacts mental and emotional well-being. How did we get here and, more importantly, how can we turn things around? Empower yourself with the knowledge and resources you need to begin the journey toward a healthier and happier you.

Presented by Julie Sharp, LPC  
Account Manager, FEI Behavioral Health

**PLAYBACK**

April 17

## The Real Impact of Opioids: A Personal Story

We often hear and read about the tragic outcomes of the opioid epidemic, but we rarely engage in the history of users for real-life insight. Through a unique lens into the lives of two people significantly impacted by the opioid epidemic, learn more about the realities of opioid dependence, situational awareness, warning signs and much more.

Presented by Ryan Atherton, MS, CEAP  
Account Manager, FEI Behavioral Health

**PLAYBACK**

May 15

## Creating a Workplace Free of Sexual Harassment

In the wake of #MeToo, it's time to examine workplace sexual harassment from a behavioral perspective. Via real case scenarios, you will understand key factors in defining, reporting and responding to inappropriate behavior while identifying whether management or the workplace took appropriate measures.

Presented by Terri Howard  
Senior Director, FEI Behavioral Health

**PLAYBACK**

June 19

## Real Estate Sale and Purchase: The Essentials

Buying or selling a home is complex and can easily overwhelm. Join us as we navigate the process of buying a house while avoiding costly mistakes. Key takeaways include defining an offer, the effects of the Real Estate Purchase Agreement and raising awareness of your rights and responsibilities as a homeowner.

Presented by James M. Weber  
Attorney at Law, Affiliated Attorneys LLC

**PLAYBACK**

July 17

## Social Media Wellness: Raising Children in a Social Media Era

As parents who are raising children in an age of electronics, social media and peer pressure, behaviors can be different, intensified and stressful to manage. Learn about key identifiers to watch for as well as basic ways to communicate and engage with your children in order to help improve their behaviors.

Presented by Gwen Mueller  
Director, Information Technology, FEI Behavioral Health

**PLAYBACK**

August 21

## Put Your Compensation to Work

During benefits enrollment, it's easy to make the same benefit choices as last year – but the easy way might not be the best way. Take full advantage of the employee benefits available to you by uncovering “hidden” compensation opportunities you may not know about.

Presented by Shane McCauley, CFP  
Financial Planner, Ameriprise Financial Services, Inc.

**PLAYBACK**

September 18

## The Effects of Loneliness and Social Isolation

Did you know that most lonely individuals are married, live with others and are not clinically depressed? Join us to learn how loneliness and social isolation can impact our health and longevity. Using a brain science perspective, we'll discuss the connection between loneliness and increased health risks including suicide.

Presented by Randy Kratz  
Sr. Account Manager, FEI Behavioral Health

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October 16

## Workplace Bullying: What, Who and How

From the playground to the workplace, it seems that every bad behavior is considered bullying. By answering the “What, Who and How” questions that often go along with bullying, we will challenge common misconceptions about bullying behaviors and break related myths.

Presented by Vivian Marinelli, Psy.D., Sr. Director of Crisis Management Services, FEI Behavioral Health

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November 20

## Effective Communication and Why You Want It

We spend 75% of our time communicating in one way or another, and some even say we're always communicating. Many of the problems we have in both our personal and professional lives are traced back to communication. Join us for an engaging discussion on effective communication and walk away with tips and tools you'll need to become a better communicator.

Presented by Raquelle Solon  
Business Solutions Engineer, FEI Behavioral Health

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December 11

## Elder Care Legal and Financial Issues

Preparing yourself or your parents for legal issues is critical. Learn the importance of a Living Will and what your parents should have readied to secure their assets and meet their specific needs. By combining elements of estate planning, wills and trusts, and the health care planning issues facing our parents in later years, you will walk away informed and empowered.

Presented by Legal Access Plans

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