By selecting a financial planner, you can learn how to take control of your financial life. But how do you go about your search for that special planner who will guide you financially through life’s twists and turns? After you’ve taken the first step of creating and living within a budget, it may be time to get help mapping out a timeline to plan and reach your long-term goals to achieve financial well-being.

Presented by Michael Di Maio
Founder, New Focus – New Jersey

### Mindful Stress Management: In the Workplace and Beyond

Stress is part of everyday life. It can range from minor annoyances, like misplacing our sunglasses, to major life challenges that affect our jobs and relationships. In this session, we’ll learn how to recognize internal and external stressors and develop new strategies for responding to them effectively and mindfully.

Presented by Patrick Bryant
Director and Psychotherapist, The Peaceful Place

### Equity, Diversity and Inclusion: More Than A Numbers Game

The words “equity,” “diversity” and “inclusion” (EDI) involve more than having a mixed group of people in your workplace. In this session, we’ll discuss the latest strategies for ensuring that everyone in your workplace feels welcome, respected and supported—and has the same opportunities for advancement.

Presented by Terti Howard
Senior Director, FEI Behavioral Health

### The Secret Life of (Having) Pets

It’s no secret that pets bring an abundance of joy and companionship into our lives. But what isn’t as well known is their many health benefits—to our physical, emotional and social well-being. We’ll discuss how pets can influence our brain chemistry. Plus, we’ll offer recommendations, tips and resources for selecting and caring for the right pet for you.

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

### If Change is Inevitable, Why Are We Determined to Fight It?

Navigating life’s transitions can be difficult. But when you learn how to express your fears, you can put them in perspective. And when you plan for the inevitable, you can achieve peace of mind. Join us as we explore new ways to cope with change and discover how we choose to live each day is entirely up to us.

Presented by Adele Lund
Director, Community and Business Relations, Laureate Group

### The ABCs of CBD

With all the buzz about CBD and cannabis, what’s the straight dope? Here in the U.S., more than half of all states have legalized medical cannabis, and many have decriminalized recreational marijuana. But what does the research say? Join us as we look at the impact of these substances—good, bad or otherwise.

Presented by Randy Kralz and Michael McCafferty
Senior Account Managers, FEI Behavioral Health

### Cultivating Digital Wellness: Digital Decluter

Electronic devices, Apps, Social media. It seems like everything digital is designed to steal your time and attention. We’ll discuss how social media and digital devices are designed to distract us. You’ll also learn how to clear your digital clutter, set achievable goals and regain your focus—both “IRL” (in real life) and online.

Presented by Raquelle Solomon
Business Solutions Engineer, FEI Behavioral Health

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All webinars are scheduled for noon Eastern Time. Topics, dates and presenters are subject to change.

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