Upcoming Webinars

September 21, 2023
10:00 am (ET)  4:00 pm (ET)
Coping With Grief and Loss
Grief can be experienced in many different ways, and for those who have lost a loved one or are mourning other losses such as mobility, their job, a home, or more, this can have a tremendous impact on their health and well-being.

Join us for a special webinar with guest presenter Angela Dobrzynski, LPC, to look at the factors that influence grieving and when/where to find additional support, including tips for coping with acute and ongoing grief.

October 19, 2023
10:00 am (ET)  4:00 pm (ET)
Domestic Violence Awareness
Domestic violence occurs when one person in a relationship purposely hurts another person physically or emotionally. It often begins as threats and verbal abuse and then escalates to physical violence. Many people may not even recognize that their relationship is unhealthy, or they may be hopeful that their partner will change.

Join us for this webinar to better understand this important issue, how to identify an abusive relationship, and where to find resources to help those affected.

November 9, 2023
1:00 pm (ET)  4:00 pm (ET)
Avoiding Holiday Shopping Fraud
Huge sales, must-have gifts, and rushing for last minute items have become too familiar. Learning how to prevent fraudsters from using your shopping to their benefit is invaluable at this time of year.

Join us for a special webinar with guest presenter, Chris Shelton, a Fraud Resolution Specialist, for expert guidance on this important issue. We’ll discuss fraudster targeted information, common tactics, best safety practices, and what to do if you find yourself the victim of identity fraud. Protecting yourself and minimizing your risk will help ensure you can enjoy a happy holiday season.

December 7, 2023
10:00 am (ET)  4:00 pm (ET)
Your Holiday Game Plan: Handling Holiday Stress
The holidays are supposed to be a time of joy and excitement, but for many of us, this season can also lead to feeling stressed or overwhelmed. From family to finances, the holidays often create high expectations that may not be realistic. Finding ways to adapt in this unique season and set boundaries you are comfortable with can help to overcome some of these common challenges. Join us for this brief webinar to explore strategies and create your own game plan to reduce and manage stress for a calmer and brighter holiday season.

Direct link to webinar page https://www.healthadvocate.com/site/memberwebinars