

## 2009 Perspectives Monthly Webinar Calendar

<u>Date &amp; Time</u>	<u>Monthly Theme</u>	<u>Monthly Webinar Title</u>	<u>Webinar Description</u>
January 20 12:00pm CT and 2:00pm CT	Financial Freedom	Financial Fitness: Living within a Realistic Budget	Living within a realistic budget is do-able! Learn to make wise decisions and stretch your financial resources to make the most of what you earn. Discover the importance of setting realistic goals for long-term financial health.
February 17 12:00pm CT and 2:00pm CT	Single Living	Single and Loving it!	Table for one? Learn to make the most of your single life while living in a world geared toward couples. Single does not have to equal lonely. This session will explore the positive aspects of living single in today's world.
March 17 12:00pm CT and 2:00pm CT	Well-Being	Live Well on the Fast Track	Exercise? Cooking healthy foods? Relaxation? Who has time in their day for all that? Learn basic tips and techniques for quick but effective exercise and fast but healthy meals and snacks.
April 21 12:00pm CT and 2:00pm CT	Go Green	It's Easy Being Green: Little Steps—Big Impact	Saving our planet for future generations is more important than ever. Having information thrown at us from all directions can be very confusing and stressful. Learn how to get started and how those seemingly small things really do make a difference now and in the future.
May 19 12:00pm CT and 2:00pm CT	Practical Parenting	Co-Parenting: Doing the Best for Your Kids While Parenting Apart	In today's family, many parents find themselves co-parenting or parenting apart. This session provides strategies to deal with this increasingly common family arrangement. Learn techniques to deal with differences in parenting style and communication.
June 16 12:00pm CT and 2:00pm CT	Caregiving	Suddenly You're a Caregiver	Becoming a caregiver for adult dependents can happen in the blink of an eye. Sudden illness or other circumstances may throw you into this role unprepared. Learn how to prepare yourself so you can jump into action when faced with this challenge.
July 21 12:00pm CT and 2:00pm CT	Life Begins at 50	Celebrating Mid Life: Looking Forward to Your Next 50 Years	50 looks a lot different than it did for your parents. We are living longer, working later in life and feeling that we are "just now hitting our stride." Learn how to take advantage of the next 50 years and create the life you want.
August 18 12:00pm CT and 2:00pm CT	Raising Teenagers	Strategies for Success: Organizational Tips for Teens	"Mom—I can't find my backpack!" Many teens find it very difficult to get organized, but with proper examples and coaching they can do it. Learn strategies to help your teen become more organized and prepared to meet future challenges.
September 15 12:00pm CT and 2:00pm CT	Life's Transitions	Ain't Life Grand: Opportunities for Growth	Major life transitions in work and life can be turned into opportunities for growth and learning. In this session, attendees will learn how to take any life transition and make it a positive and productive time of life.
October 20 12:00pm CT and 2:00pm CT	Learning for a Lifetime	Learning After Work: Poetry Class or MBA  Lifelong Learning: Selecting the path that is right for you	Continuing to learn throughout life is essential to our personal and professional growth. Attendees will learn about educational opportunities that are right for them. Fulfillment may be found through formal education, learning for personal growth or the opportunity to educate another.
November 17 12:00pm CT and 2:00pm CT	Revise. Refresh. Relax.	Creating a More Resilient You	This session explores strategies for remaining resilient and healthy amidst the relentless demands of work, unending personal responsibilities and unexpected setbacks. Achieving resilience gives one the ability to enjoy life in a healthy state and meet the roadblocks head on with a positive "can do" attitude.
December 15 12:00pm CT and 2:00pm CT	The Smart Consumer	Safe Shopping: Protecting Yourself Against Consumer Fraud	Shopping during the holidays, or any time, can leave us open to consumer fraud. In this session, attendees will learn how to protect themselves whether shopping from home or at the mall.

To attend a webinar, visit [www.perspectivesltd.com](http://www.perspectivesltd.com). Use DEP500 as the user ID, perspectives as the password.