

December Care Talks

Mark your calendar now for these all-new monthly sessions during 2023 and remember to register each month for the topics that interest you.

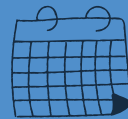


Thursday, December 7th, 2023



Emotional Wellness:
**Stress Reduction
Tool Kit**

Tuesday, December 12th, 2023



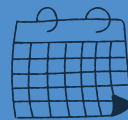
Raising Children with Disabilities:
Effectively Communicating

Wednesday, December 13th, 2023



Financial Wellness:
Building Good Credit

Wednesday, December 21th, 2023



Caring for Aging Loved Ones:
**How Tech Helps Older Adults and
Gives Caregivers Peace of Mind**

Thursday, December 21st, 2023



Succeed at Work:
**The Science of
Goal Setting**

Wednesday, December 27th, 2023



Confident Parenting:
**Bullying: How to
Protect Your Child**

Thursday, December 28th, 2023



Your Healthy Lifestyle:
**The Importance
of Self-Care**

TIMES FOR CARE TALKS:

1pm ET | 12pm CT | 11am MT | 10am PT

Register for Care Talks at
care.com/business/care-talks

