

January Care Talks



Emotional Wellness:

**Resolutions:
Staying strong & resilient**



Thursday,
January 4th

[Register now >>](#)

Aging & Adult Care:

**Putting YOU in the care
equation and how to find
joy all year long**



Wednesday,
January 17th

[Register now >>](#)

Child Care & Parenting:

**Today's family:
Challenges and changes**



Wednesday,
January 24th

[Register now >>](#)

Your Healthy Lifestyle:

**Eat your way to a
healthy year**



Thursday,
January 25th

[Register now >>](#)

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



Register for Care Talks today

care.com/business/care-talks