



# August Care Talks



Emotional wellness:

## Gratitude

Thursday, August 7th

[Register now >>](#)

Succeed at work:

## Juggling Act: The Five Buckets

Thursday, August 21st

[Register now >>](#)

Disabilities & neurodiversity:

## Education

Tuesday, August 12th

[Register now >>](#)

Your healthy lifestyle:

## Get Smart About Brain Health

Tuesday, August 26th

[Register now >>](#)

Financial wellness:

## Preventing Identity Theft

Wednesday, August 13th

[Register now >>](#)

Child care & parenting:

## Bullying: How to Protect Your Child

Wednesday, August 27th

[Register now >>](#)

Adult care & aging:

## Exploring Senior Housing Alternatives

Wednesday, August 20th

[Register now >>](#)



Register for Care Talks today  
[care.com/yourbenefits](https://care.com/yourbenefits)