

June

4th Emotional wellness:
**Understanding
compassion fatigue**

9th Navigating disabilities:
**Mental health
support for adults
with disabilities**

10th Financial wellness:
Building good credit

17th Aging & adult care:
**From driver's seat to
passenger seat: senior
driving challenges
and conversations**

18th Succeed at work:
Maximizing your time



23rd Your healthy lifestyle:
Eating right for life

24th Child care & parenting:
**Managing fear and
anxiety in children**



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All Care Talks take place at:
1pm ET | 12pm CT | 11am MT | 10am PT