



# January:

## New Year, New Habits

Join us for this month's Café Series as we focus on ways to make 2017 your best year yet!

### Webinar: Financial Planning for Retirement

Presented by: *Judy Brown, CFP®, MBA*

**Wednesday, January 11 @ 1 p.m. EST**

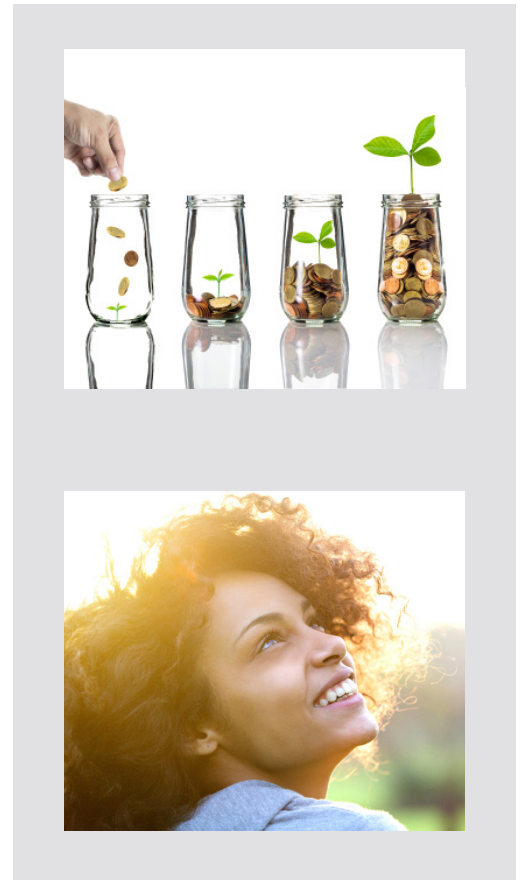
Set the tone for 2017 by planning for your financial future – it's never too soon or too late to start planning for retirement. There are many different investment tools and strategies that can help you reach your goals. Tune into this webinar to learn about factors affecting retirement, retirement income sources and how to create an investment strategy.

### Webinar: Finding Happiness in a Busy World

Presented by: *Dr. Suzie Carmack, PhD, MFA, MEd, ERYT*

**Tuesday, January 24 @ 1 p.m. EST**

How often do you dedicate time to building your happiness? Happiness, meaning and purpose can be tough concepts to understand. The good news is that there are things you can do for yourself on a daily, weekly and monthly basis. Tune into this webinar to learn more about making time for your own happiness in the busy world we live in.



### Here Are Two Easy Ways to Register:

1. Click on this link: <http://goo.gl/yGbRSh>
2. Visit your organization's MyBHS Portal and find the registration link in the "Upcoming Live Webinars" under the "Café Series" tab.

### Did You Miss a Live Webinar?

Go to your organization's MyBHS Portal and click on the "Cafe Series" tab to access past webinars. On-Demand webinars are listed by date and topic.

Take   
time to  
tune in.