



November:

Give Thanks

Join us for this month's Café Series as we focus on caring for others and ourselves.

Webinar: Diabetes Awareness

Presented by: Dianne Frager, MSN, RN, CPT

Friday, November 11 @ 1 p.m. EST

Diabetes is a lifelong, chronic disease in which there are high levels of sugar present in the blood. While there is no cure for diabetes, there are many lifestyle changes that you can take to manage it. Tune into this webinar to understand the basics of diabetes, the causes of the disease and how you can still promote healthy living.

Webinar: The Sandwich Generation: Managing Multiple Priorities

Presented by: Presenter: Janet Edmunson

Thursday, November 17 @ 1 p.m. EST

Nearly 10 million adults are now raising kids while giving a financial hand to an aging parent. Many factors weigh into why people are feeling "sandwiched" by the responsibility of providing for multiple generations. Join us to understand the challenges of being in the Sandwich Generation and techniques you can use to care for yourself while caring for others.



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.