<table>
<thead>
<tr>
<th>TOPIC</th>
<th>DATE &amp; TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>MENTAL HEALTH: A GUIDE FOR MANAGERS AND LEADERS</td>
<td>Tuesday, July 26</td>
<td>1:00-2:00pm</td>
</tr>
<tr>
<td>RESILIENCY FOR THE WORKING PARENT</td>
<td>Thursday, August 25</td>
<td>10:00-11:00am</td>
</tr>
<tr>
<td>OVERCOMING BURNOUT</td>
<td>Tuesday, September 13</td>
<td>1:00-2:00pm</td>
</tr>
<tr>
<td>SOCIAL SECURITY RETIREMENT PLANNING</td>
<td>Thursday, November 3</td>
<td>10:00-11:00am</td>
</tr>
<tr>
<td>EATING RIGHT ON THE RUN AND ON A BUDGET</td>
<td>Thursday, January 12</td>
<td>1:00-2:00pm</td>
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<tr>
<td>CAREGIVING</td>
<td>Thursday, February 23</td>
<td>10:00-11:00am</td>
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<tr>
<td>COMPASSION FATIGUE</td>
<td>Tuesday, March 7</td>
<td>1:00-2:00pm</td>
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<tr>
<td>MIND OVER MONEY</td>
<td>Thursday, April 13</td>
<td>10:00-11:00am</td>
</tr>
<tr>
<td>DEALING WITH CHALLENGING PEOPLE</td>
<td>Tuesday, May 2</td>
<td>1:00-2:00pm</td>
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<tr>
<td>GRATITUDE</td>
<td>Thursday, June 29</td>
<td>10:00-11:00am</td>
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</tbody>
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