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## Focus on balance: Create healthy boundaries

Balance doesn't just happen. You have to nurture it. One way to improve your balance is to learn to say no to things you might be doing just to please others. If that's hard for you, it can help to think of it as saying yes — to you!

## **Upcoming webinars**

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.



