

# 2026 Webinar Schedule

## **January**

Budgeting Basics

## **February**

Eat Your Way to Better Health

## **March**

Do Your Bucket List: 7 Ways to Up Your Focus on Things that Matter

## **April**

Financial and Mental Health

## **May**

Minimizing Worry to Maximize your Life

## **June**

Wellness Wisdom for Women

## **July**

Downsizing Your Home and Belongings

## **August**

College Scholarships: Where to Find Money for Your Education

## **September**

Stress Better: Returning to Work After an Absence

## **October**

Saving Strategies

## **November**

5 Strategies to Actually Enjoy the Holidays

## **December**

Finding Harmony Being a Parent and a Professional

Coastline EAP offers monthly webinars on key work-life topics to support your well-being. Available all month long, you can access each session by signing into our website, [www.coastlineeap.com](http://www.coastlineeap.com) anytime at your convenience.

**Contact Us:**  
**1-800-445-1195**  
**[www.coastlineeap.com](http://www.coastlineeap.com)**  
**Login: *CompanyName***

