

2024

Care Talks

Empower your employees with support and education to improve their well-being



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About Care Talks

Care Talks support employees with access to advice and guidance from expert speakers in areas such as childcare, senior care, financial literacy, emotional health, and more. Care Talks are exclusively available to Care for Business clients and their employees.

In 2024, we will be offering four sessions per month across seven topical areas:

Aging & Adult Care

Gain knowledge and insights to help support your aging loved ones and navigate the challenges that come with aging.

Child Care & Parenting

Gain insights and learn strategies to help raise healthy and well-rounded children.

Disability & Neurodiversity

Get support and guidance on how to raise a child, or support a loved one, with a disability.

Emotional Wellness

Learn tips and techniques to manage stress and navigate life's challenges.

Financial Wellness

Explore strategies for planning your financial future and managing money to meet your goals.

Succeed at Work

Learn strategies for improving your skills, advancing your career, adopting to workplace change, and performing to your potential.

Your Healthy Lifestyle

Get guidance and support from a Certified Health Coach so they can learn to live a healthier life.

Times for Care Talks are 1pm ET | 12pm CT | 11am MT | 10am PT

January Care Talks



Emotional Wellness:

**Resolutions:
Staying strong & resilient**



Thursday,
January 4th

[Register now >>](#)

Aging & Adult Care:

**Putting YOU in the care
equation and how to find
joy all year long**



Wednesday,
January 17th

[Register now >>](#)

Child Care & Parenting:

**Today's family:
Challenges and changes**



Wednesday,
January 24th

[Register now >>](#)

Your Healthy Lifestyle:

**Eat your way to a
healthy year**



Thursday,
January 25th

[Register now >>](#)

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



Register for Care Talks today

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February Care Talks



Financial Wellness:

Tax tips



Wednesday,
February 14th

Register now >>

Succeed at Work:

Fostering inclusion



Thursday,
February 15th

Register now >>

Aging & Adult Care:

Brain+heart health connection: 12 Ways to reduce Alzheimer's and heart disease risk



Wednesday,
February 21st

Register now >>

Child Care & Parenting:

Raising children in a diverse world



Wednesday,
February 28th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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March Care Talks



Emotional Wellness:

Managing fear & anxiety



Thursday,
March 7th

Register now >>

Disability & Neurodiversity:

Planning for summer travel and camp



Tuesday,
March 12th

Register now >>

Aging & Adult Care:

Sleep science & relaxation to calm caregivers



Wednesday,
March 20th

Register now >>

Child Care & Parenting:

Communicating and resolving conflict with your teen



Wednesday,
March 27th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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April Care Talks

Financial Wellness:

Overcoming debt



Wednesday,
April 10th

Register now >>

Aging & Adult Care:

How to modify our homes for more safety, serenity and less stress



Wednesday,
April 17th

Register now >>

Child Care & Parenting:

Finance: Teaching children about money



Wednesday,
April 24th

Register now >>

Your Healthy Lifestyle:

Eating right on the run and on a budget



Thursday,
April 25th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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May Care Talks

Emotional Wellness:

Tools to live your best life



Thursday,
May 2nd

Register now >>

Aging & Adult Care:

Caregiver burnout: Mental and emotional health help



Wednesday,
May 15th

Register now >>

Succeed at Work:

Managing strong emotions



Thursday,
May 16th

Register now >>

Child Care & Parenting:

Summer care and camp options



Wednesday,
May 22nd

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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June Care Talks

Disability & Neurodiversity:

Parenting a child with ADD/ADHD



Tuesday,
June 11th

Register now >>

Financial Wellness:

Creating a budget



Wednesday,
June 12th

Register now >>

Succeed at Work:

Juggling act: The five buckets



Thursday,
June 20th

Register now >>

Child Care & Parenting:

Internet information for parents



Wednesday,
June 26th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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July Care Talks



Emotional Wellness:

The path to inner peace



Thursday,
July 11th

Register now >>

Aging & Adult Care:

Caregiver 911:

How to prepare for emergencies, natural
disasters with an older loved one



Wednesday,
July 17th

Register now >>

Succeed at Work:

Positive effect of self-esteem on performance



Thursday,
July 18th

Register now >>

Your Healthy Lifestyle:

Dealing with sleep issues



Thursday,
July 25th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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August Care Talks

Financial Wellness:

Retirement & estate planning



Wednesday,
August 14th

Register now >>

Succeed at Work:

Maximizing your time



Thursday,
August 15th

Register now >>

Your Healthy Lifestyle:

Brain health



Thursday,
August 22nd

Register now >>

Child Care & Parenting:

Children and stress



Wednesday,
August 28th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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September Care Talks



Emotional Wellness:

Prioritizing self-care



Thursday,
September 5th

Register now >>

Disability & Neurodiversity:

The importance of self-care for parents



Tuesday,
September 10th

Register now >>

Aging & Adult Care:

Alzheimers disease and dementia care



Wednesday,
September 18th

Register now >>

Child Care & Parenting:

Success in school



Wednesday,
September 25th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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October Care Talks



Financial Wellness:

Planning your financial future



Wednesday,
October 9th

Register now >>

Aging & Adult Care:

The costs of care: A caregiver's financial and legal preparation guide



Wednesday,
October 16th

Register now >>

Child Care & Parenting:

Working parents: Achieve balance



Wednesday,
October 23rd

Register now >>

Your Healthy Lifestyle:

Healthy meal planning



Thursday,
October 24th

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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November Care Talks



Emotional Wellness:

Gratitude



Thursday,
November 7th

Register now >>

Financial Wellness:

Holiday budgeting



Wednesday,
November 13th

Register now >>

Aging & Adult Care:

Holiday gift guide:

How tech helps older adults and gives
caregivers peace of mind



Wednesday,
November 20th

Register now >>

Succeed at Work:

Holiday survival guide



Thursday,
November 21st

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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December Care Talks

Emotional Wellness:

Forgiveness



Thursday,
December 5th

Register now >>

Disability & Neurodiversity:

Set your goals: Positioning for the future



Tuesday,
December 10th

Register now >>

Child Care & Parenting:

Raising well-balanced children



Monday,
December 16th

Register now >>

Aging & Adult Care:

Family meetings & having the care conversation



Wednesday,
December 18th

Register now >>

Your Healthy Lifestyle:

Stress management



Monday,
December 23rd

Register now >>

Times: 1pm ET | 12pm CT | 11am MT | 10am PT



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for Business™