



Finding Balance Webinars

Free Family Resiliency Webinars 2021

Mindful eating

Wednesday, January 20; 3-4 pm

Do you eat when you're not hungry? Do you know how hidden influences impact what you eat? In this session, you will learn factors that influence what you eat. You'll learn strategies to help you be mindful about what you are eating. Register at

<https://z.umn.edu/mindeating>

Quick meal ideas

Tuesday, February 2; 3-4 pm

In this session you will learn the benefits of planning meals ahead of time. You will also learn meals you can quickly prepare. Come prepared to share your favorite quick recipe. Register at <https://z.umn.edu/quickmeals>

Rural Stress and Ambiguous Loss

Monday, February 8; 1-2 pm

Join us for this webinar as we examine farming in Minnesota through the lens of ambiguous loss. Building on the work of Dr. Pauline Boss, we will discuss how ambiguous loss is unique in farming and how these businesses and families can find a path forward in the face of adversity. Register at <https://z.umn.edu/stressandloss>

Money talk

Tuesday, February 16; 11 am-noon or 6-7 pm

Communicating about money is not easy. Healthy familial relationships and your family's financial future are impacted by your willingness to talk and listen about money. Join us to understand values and goals, build listening skills, communication tips and how to avoid breakdowns. Register at <https://z.umn.edu/amoneytalk> for the 11 am session and <https://z.umn.edu/pmmoneytalk> for the 6 pm session.

Mental well-being in the midst of isolation: how do we re-energize

Wednesday, February 24; 10-11 am

Reserve this hour to focus on mental well-being and learn strategies to re-energize during this time of isolation. Register at <https://z.umn.edu/renenergize>

Who gets grandma's yellow pie plate?

Thursday, March 4; noon-1 pm

Learn how you can leave a legacy and manage family relationships while making decisions about your possessions. Register at <https://z.umn.edu/WGGYPP>

Advance care planning: now more than ever

Thursday, March 11; 11 am-noon

If you've been putting off preparing a Minnesota Health Care Directive or need to revisit your preferences given the risk of COVID-19 this webinar is for you. Advance care planning is a gift to yourself and to others. Register at <https://z.umn.edu/ACPMarch>

When it's family: financial exploitation of older adults

Wednesday, March 18; 1-2 pm

Learn the facts about elder family financial exploitation (EFFE), a prevalent type of elder abuse, and lessons learned from those who have experienced EFFE. Register at <https://z.umn.edu/whenitsfamily>

For more online programs:

Check out [UMN Extension Family News](#) to stay current with information, resources, and programming. Also follow us on Facebook and Twitter @UMNExtFD. To find additional online offerings, visit the [University of Minnesota Extension events and courses page](#).

New to online programs? Our online webinars are offered using Zoom. If you have not used Zoom before, please click this link to learn how:

<https://it.umn.edu/services-technologies/how-tos/zoom-join-or-test-audio-video>

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