



Thinkspiration

Free online webinars

Aetna Resources For LivingSM

As part of our services we include free live and on-demand webcasts offered by highly trained presenters. Each live presentation:

- Ranges from about 20 minutes to an hour in length
- Offers a chance for questions and comments
- Is recorded so you can listen anytime you want

Expert information

Our webinars can help with everyday issues, including:

- Work-life balance
- Relationships
- Stress management
- Communication and more

Busy schedule? No problem

Simply log on to your member website and click the webinar link. You can access our online library anytime. Listen to one or listen to them all. And we regularly create new topics. So be sure to check back for new additions.

Visit your member website to register for a live session or browse the webinar library.

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