

Empower Hour

Interactive webcasts, blogs & more



UnitedHealthcare seminars cover health topics at no additional cost to you.

These seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may email our speakers with your questions during the presentation and they will respond during a question and answer session. Register to attend, and get the information and tools to help empower you to make more informed decisions.

Life Changes Worth Making

Audrey Thomas, Organized Audrey

August 9, 2016

12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

You may have heard it said, "It's the little things in life." And perhaps you may have asked yourself "Why can't life be easier?" Well, you may enjoy those little things at the same time you make your life simpler and easier. I will take some effort on your part to help challenge your thought process in regards to the things that could be reduced or changed in order to bring simplification to your life.

This seminar will explore some key practices to put into place as well as suggestions for doing things differently that may all add up to a calmer, more stress-free life. Some changes in life may be worth making.



Audrey Thomas, Organized Audrey

Audrey Thomas is the Owner of Organized Audrey and LeanOffices.com. As a national speaker, she is passionate about transferring skills to others so they can learn how to become better organized and make life-lasting improvements. She is a recognized expert in the organization field having been nominated for the prestigious Founders' Award of the National Association of Professional Organizers. Audrey has authored several books, including *50 Ways to Leave Your Clutter*, and *Getting Organized with Microsoft® Outlook*.



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