

# Join Allsup for a True Help® Web Event *Claiming Power to Improve Your Relationships*

Thursday, August 18 • Noon CT

Register at [webinar.allsup.com](http://webinar.allsup.com)



### ***Claiming Power to Improve Your Relationships Will Help You Explore and Grow Your Personal “Power Resources” including:***

- Hope
- Motivation
- Knowledge
- Self-esteem
- Psychological Support
- Social Support

### **Featuring Presentations by:**

- National Alliance on Mental Illness
- Colon Cancer Alliance

### **Improve Your Relationships with:**

- Spouse/Significant Other
- Family Members
- Friends
- Healthcare Providers
- Employers/Potential Employers

**Plus, you'll have opportunities to win participation prizes!**

*Claiming Power to Improve Your Relationships* is an interactive web event designed to help you identify steps you can take to strengthen your power resources, improve your quality of life and enhance your social interactions. You'll also be introduced to others with similar experiences just like yours.

#### **Power Up and Reap the Benefits:**

- Connect with others and expand your social network.
- Take advantage of free programs.
- Ask the experts who will share valuable resources that can help you improve your relationships.

#### **Save the Date for Upcoming Web Events in the Allsup True Help Series:**

- *Claiming Power Over Your Finances* - Tuesday, October 20 @ Noon

Now Available on Demand:

*Claiming Power Over Pain and Claiming Power to Improve Your Mental Health.*

Register at [bit.ly/TrueHelp](http://bit.ly/TrueHelp)

