

2016 Calendar

EMPLOYEE ASSISTANCE PROGRAM

	Monthly Theme	Monthly Online Seminar	Online Seminar Description — Online Seminars can be found on your home page or you can search for them by title.
JAN	WHY WEIGHT? Look beyond your scale.	A Healthier You Available on demand starting JAN 19 th	Making resolutions? This year resolve to create a personal plan to improve your overall health in the areas of nutrition, physical fitness, and mental health.
FEB	BEYOND DATE NIGHT Creating ways to connect.	Keeping Your Love Alive Available on demand starting FEB 16 th	Learn the 10 relationship essentials, how to cope with challenges and conflict, and how to balance communication styles while keeping your relationship fresh.
MAR	LIGHTS OUT! Getting your zzz's.	Let's Sleep On It Available on demand starting MAR 15 th	There's nothing like a good night's sleep. Learn about the types of sleep, steps to help you have better quality sleep, as well as myths about sleep.
APR	HOME SWEET HOME To buy or not to buy?	Home Buying 101 Available on demand starting APR 19 th	Is home ownership right for you? This online seminar will explore the advantages and disadvantages of home ownership.
MAY	DEALING WITH DEPRESSION Is it more than just the blues?	Beating the Blues Available on demand starting MAY 17 th	We all feel sad sometimes. Get techniques for beating the blues, and learn to recognize the difference between sadness and depression.
JUN	RETIREMENT READY There's more to it than money.	Retirement: It's Not Just About the Money Available on demand starting JUN 21 st	You're retiring, now what? Learn how to better prepare yourself for the retirement years to come.
JUL	GROUP EFFORT Family solutions for addiction.	Next Steps: Dealing With Addiction in a Loved One Available on demand starting JUL 19 th	You've identified that your loved one has an addiction—what's next? Learn all about interventions, treatment options, and where to find help.
AUG	COLLABORATIVE CAREGIVING Working together for aging adults.	Changing Relationships: You and Your Aging Parent/Relative Available on demand starting AUG 16 th	Learn how to access care options and communicate productively with aging adults who can no longer live independently.
SEP	LISTEN UP! Getting through to your child.	Effective Communication With Children Available on demand starting SEP 20 th	Kids won't listen? Learn techniques that help you to communicate more effectively and to avoid communication styles that hamper conversation and increase conflict.
OCT	KNOW YOUR NUMBERS Screening adds up to better health.	Better Health Through Screening Available on demand starting OCT 18 th	Find out which health screenings are most important for you and what those numbers mean.
NOV	MAKING AND BREAKING TRADITIONS Doing the holiday your way.	Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress Available on demand starting NOV 15 th	Is stress getting in the way of your holiday enjoyment? Explore ways to minimize the tension and increase the fun for all involved.
DEC	FOREVER YOUNG Mind, body, and spirit.	Lighten Up With Laughter Available on demand starting DEC 20 th	Everybody needs a good laugh. Learn about the many benefits of laughter and develop an action plan for improving humor in your life.

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