

# 2018

## CALENDAR

EAP WORK/LIFE WEBCASTS  
EMPLOYEE ASSISTANCE PROGRAM



	Monthly Theme	Monthly Online Webcasts	Online Seminar Description - Online seminars can be found on your home page, or you can search for them by title.
<b>JAN</b>	<b>FREE YOURSELF</b> Becoming organized and clutter-free	<b>Everything in Its Place: Getting Organized</b> Available on demand starting <b>JAN 16th</b>	When we are not organized, we waste precious time and create chaos in our lives. Minimize the stress and maximize the tranquility that comes from putting everything in its place.
<b>FEB</b>	<b>BFF</b> Being your own best friend	<b>Self-Care: Remaining Resilient</b> Available on demand starting <b>FEB 20th</b>	Learn to identify ongoing symptoms of stress and how to find a healthy approach to the demands of work and home.
<b>MAR</b>	<b>STAYING ON TRACK</b> Budgeting and personal finances	<b>Your Routine Financial Check-up</b> Available on demand starting <b>MAR 20th</b>	Examine your finances from a variety of perspectives, and review and prioritize all of your debts as you explore your assets.
<b>APR</b>	<b>KEEP IT KIND</b> Creating positive interactions	<b>Maintaining Respect and Civility in the Workplace</b> Available on demand starting <b>APR 17th</b>	Identify methods to assertively address inappropriate conduct within the workplace to promote a healthy work environment.
<b>MAY</b>	<b>LIFE 101</b> Basic skills of adulthood	<b>DIY: Apps and Guides for Household Management</b> Available on demand starting <b>MAY 15th</b>	Get a helpful overview of key household management items, as well as links to guides and apps to help you keep track of it all.
<b>JUN</b>	<b>RISE UP!</b> Reducing sedentary behavior	<b>Improve Your Health with Proper Ergonomics and Frequent Movement</b> Available on demand starting <b>JUN 19th</b>	Research has found that a sedentary lifestyle is just as or more harmful than smoking. But we can impact this by incorporating frequent movement into our lives!
<b>JUL</b>	<b>GROCERY RUN</b> Making sense of nutritional information	<b>Eating Your Way to Wellness</b> Available on demand starting <b>JUL 17th</b>	This session focuses on the USDA's MyPlate with tips and resources on how to eat your way to better and long-lasting health.
<b>AUG</b>	<b>AGES &amp; STAGES</b> The new developmental milestones	<b>Technology and Keeping Your Kids Safe</b> Available on demand starting <b>AUG 21st</b>	The seminar touches on the risks facing children online. You'll learn helpful tips, from where to locate the computer in the home to available parental computer monitoring programs.
<b>SEP</b>	<b>GPS!</b> Charting a course to reach your goals	<b>Creating a Personal Development Plan</b> Available on demand starting <b>SEP 18th</b>	Participate in this session to understand effective goal setting and identify potential obstacles that can create barriers to reaching your goals.
<b>OCT</b>	<b>BOUNCE BACK</b> Recovering from stressful situations	<b>A Personal Guide to Building Resiliency and Coping with Change</b> Available on demand starting <b>OCT 16th</b>	It's not what happens to us but how we respond to what is happening to us. This seminar will empower you to become more resilient.
<b>NOV</b>	<b>TALKING TOGETHER</b> Family conversations about aging	<b>Caring for Aging Relatives</b> Available on demand starting <b>NOV 20th</b>	Older relatives may require more care than family or neighbors can provide. This seminar is a helpful first step to determine what kind of care is needed.
<b>DEC</b>	<b>JUST ASK</b> Asking for what you need	<b>Say What You Mean the Right Way: Healthy Forms of Communication</b> Available on demand starting <b>DEC 18th</b>	There are many ways to communicate how you feel to the people in your life. Explore how you can use communication to strengthen your relationships.

Log in to [www.cignabehavioral.com](http://www.cignabehavioral.com) and then enter your Employer ID. Click on the "Work/Life Resources" and accept the agreement (middle of page). Work-Life Webcasts are all on demand.

- Registration information is provided under "Online Seminars"- Search for upcoming seminar topics
- Work Life Webcast Replays are available for the past 3 years. Select "View All" to access.