

2015 Employee Assistance Program wellness webinar calendar



	Monthly theme	Monthly webinar title	Webinar description
			Join us for these introductory webinars on work-life topics.
JAN	Get your head in the game Focus on the now	The mind-body connection Tue, Jan 20 – 12 p.m., 2 p.m. ET	Learn to recognize and manage stressful situations, practice relaxation techniques and understand the benefits of making the mind-body connection.
FEB	Financial fitness How to live lean	Financial fitness: living within a realistic budget Tue, Feb 17 – 12 p.m., 2 p.m. ET	Living within a budget can seem restrictive, like being on a diet. Learn about common money mistakes, as well as practical and realistic tips for living within a budget.
MAR	Get it together Make your disaster plan	Practical strategies to stay safe Tue, Mar 17 – 12 p.m., 2 p.m. ET	Learn strategies to keep you and your family safe in case of natural disasters, terrorist attacks or other emergencies.
APR	Addressing anxiety How to take charge	Disrupting negative thoughts Tue, Apr 21 – 12 p.m., 2 p.m. ET	Learn how to gain control over negative thoughts and recognize the positive things in your life.
MAY	Sign on the dotted line Essential documents for everyone	Estate planning: five essential documents Tue, May 19 – 12 p.m., 2 p.m. ET	Learn the key documents everyone over 18 should have prepared so your family understands your wishes about your health, money and property.
JUN	Better together Workplace communication and collaboration	Communication skills for collaboration Tue, Jun 16 – 12 p.m., 2 p.m. ET	Learn about different communication styles, why communication sometimes fails and strategies to create a respectful and unified workplace.
JUL	Unplug to recharge How to disconnect	Information overload Tue, Jul 21 – 12 p.m., 2 p.m. ET	Get tips for managing your devices and apps to get rid of distractions and create more focus in your professional and personal lives.
AUG	Caught in the middle The new sandwich generation	Strategies for multigenerational caregiving Tue, Aug 18 – 12 p.m., 2 p.m. ET	Learn about the emotional and financial impact of caring for parents and supporting children at the same time. Find coping methods that help restore work-life balance and help you bounce back.
SEP	Shifting gears Learn to negotiate change	Coping with change Tue, Sep 15 – 12 p.m., 2 p.m. ET	Learn personal strategies on how to deal with the losses and gains that change brings to your life.
OCT	Heads up Tips for better brain health	Know the 10 signs Tue, Oct 20 – 12 p.m., 2 p.m. ET	Learn to identify the 10 early warning signs of Alzheimer's disease through this webinar presented by the National Alzheimer's Association. Go over the differences between age-related memory lapses and the signs of dementia.
NOV	Quit it Dropping unhealthy habits	Stick with it Tue, Nov 17 – 12 p.m., 2 p.m. ET	Using strategies from the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change.
DEC	Start something Change your life for the better	Creating a personal development plan Tue, Dec 15 – 12 p.m., 2 p.m. ET	Learn to recognize types of goals and understand effective goal setting. Look at potential obstacles that can create barriers to reaching your goals.

To register, go to antheameap.com and log in using your company's code. Sign up by going to **Online Seminars** on the right side of the landing page. There is no cost to attend these webinars.

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