

# 2018 CALENDAR

## EMPLOYEE ASSISTANCE PROGRAM



	Monthly Theme	Monthly Online Seminar* <small>*For clients with Advantage Complete or Enhanced Web</small>	Online Seminar Description — Online seminars can be found on your home page, or you can search for them by title.
JAN	<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.
FEB	<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 healthier approach to the demands of work and home.
MAR	<b>STAYING ON TRACK</b> Budgeting and personal finances	<b>Your Routine Financial Checkup</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.
APR	<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.
MAY	<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.
JUN	<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!
JUL	<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.
AUG	<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.
SEP	<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.
OCT	<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.
NOV	<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.
DEC	<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.