

# 2016 Calendar

## EMPLOYEE SUPPORT PROGRAM

	Monthly Theme	Monthly Online Seminar Title	Online Seminar Description — Online Seminars can be found on your homepage or you can search for them by title.
<b>JAN</b>	<b>WHY WEIGHT?</b> Look beyond your scale.	<b>A Healthier You</b> Available on demand starting JAN 19 <sup>th</sup>	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.
<b>FEB</b>	<b>BEYOND DATE NIGHT</b> Creating ways to connect.	<b>Keeping Your Love Alive</b> Available on demand starting FEB 16 <sup>th</sup>	Learn the 10 relationship essentials, how to cope with challenges and conflict, and how to balance communication styles while keeping your relationship fresh.
<b>MAR</b>	<b>LIGHTS OUT!</b> Getting your zzz's.	<b>Let's Sleep On It</b> Available on demand starting MAR 15 <sup>th</sup>	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.
<b>APR</b>	<b>HOME SWEET HOME</b> To buy or not to buy?	<b>Home Buying 101</b> Available on demand starting APR 19 <sup>th</sup>	Is home ownership right for you? This online seminar will explore the advantages and disadvantages of home ownership.
<b>MAY</b>	<b>DEALING WITH DEPRESSION</b> Is it more than just the blues?	<b>Beating the Blues</b> Available on demand starting MAY 17 <sup>th</sup>	We all feel sad sometimes. Get techniques for beating the blues, and learn to recognize the difference between sadness and depression.
<b>JUN</b>	<b>RETIREMENT READY</b> There's more to it than money.	<b>Retirement: It's Not Just About the Money</b> Available on demand starting JUN 21 <sup>st</sup>	You're retiring, now what? Learn how to better prepare yourself for the retirement years to come.
<b>JUL</b>	<b>GROUP EFFORT</b> Family solutions for addiction.	<b>Next Steps: Dealing With Addiction in a Loved One</b> Available on demand starting JUL 19 <sup>th</sup>	You've identified that your loved one has an addiction—what's next? Learn all about interventions, treatment options, and where to find help.
<b>AUG</b>	<b>COLLABORATIVE CAREGIVING</b> Working together for aging adults.	<b>Changing Relationships: You and Your Aging Parent/Relative</b> Available on demand starting AUG 16 <sup>th</sup>	Learn how to access care options and communicate productively with aging adults who can no longer live independently.
<b>SEP</b>	<b>LISTEN UP!</b> Getting through to your child.	<b>Effective Communication With Children</b> Available on demand starting SEP 20 <sup>th</sup>	Kids won't listen? Learn techniques that help you to communicate more effectively and to avoid communication styles that hamper conversation and increase conflict.
<b>OCT</b>	<b>KNOW YOUR NUMBERS</b> Screening adds up to better health.	<b>Better Health Through Screening</b> Available on demand starting OCT 18 <sup>th</sup>	Find out which health screenings are most important for you and what those numbers mean.
<b>NOV</b>	<b>MAKING AND BREAKING TRADITIONS</b> Doing the holiday your way.	<b>Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress</b> Available on demand starting NOV 15 <sup>th</sup>	Is stress getting in the way of your holiday enjoyment? Explore ways to minimize the tension and increase the fun for all involved.
<b>DEC</b>	<b>FOREVER YOUNG</b> Mind, body, and spirit.	<b>Lighten Up With Laughter</b> Available on demand starting DEC 20 <sup>th</sup>	Everybody needs a good laugh. Learn about the many benefits of laughter and develop an action plan for improving humor in your life.

**CALL OR GO ONLINE TO GET ANSWERS TO YOUR QUESTIONS**

TOLL-FREE: **800-822-4847**

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