



## **Alternatives Lunch & Learn TeleClass Schedule for 2015**

**Time:** Each session will be from 12:00 Noon to 1:00PM CST. Content will be presented from 12:00PM to 12:30PM, with questions and answers from 12:30PM to 1:00PM.

**To Register:** You may sign up for the teleclass beginning the first day of the month the session is presented. Go to [www.alternativeseap.com/signup](http://www.alternativeseap.com/signup).

<b>2015 Date</b>	<b>Presentation Title</b>	<b>Speaker</b>
January 22	What in the World Should I Eat?	C. Miller
January 29	The Power of an Attitude of Gratitude	G. Rogers
February 19	How to Get Dinner on the Table in 30 Minutes or Less	C. Miller
February 26	Identity Fraud	S. McGinley
March 19	Improving Communications at Work	E. Sommi
March 26	Healthy Aging	C. Miller
April 23	Stress Management	G. Rogers
April 30	When it Comes to Money – Life Does Get in the Way	M. McCune
May 21	Develop a Fitness Habit that Requires Minutes, Not Hours a Day	C. Miller
May 28	Fantastic Customer Service	G. Rogers
June 18	Balancing Work and Home	E. Sommi
June 25	How to Get Better Sleep-Starting Tonight!	C. Miller
July 23	Design Your Perfect Fitness Program	C. Miller
July 30	Working with Challenging Customers-it Can be Done!	E. Sommi
August 20	Resilience-Bouncing Back	G. Rogers
August 27	Rethinking Your Weekly Chores-They can Dramatically Enhance Your Health	C. Miller
September 17	Bullying in the Workplace	G. Rogers
September 24	Three Steps to Great Health	C. Miller
October 22	How to Have a Positive Influence on Others While Taking Care of Yourself	G. Rogers
October 29	One Two Punch for Optimal Weight Loss	C. Miller
November 19	Aging Beautifully	C. Miller
December 17	Surviving and Thriving During the Holidays	E. Sommi

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