



## **Alternatives Lunch & Learn Teleclass Schedule for 2016**

**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 [alternativeseap.com](http://alternativeseap.com) and sign up on the home page.

<b>2016 Date</b>	<b>Presentation Title</b>	<b>Speaker</b>
January 21	Building Financial Fitness at Home	M. McCune
January 28	Healthy Habits-Get in Gear for the New Year	C. Miller
February 18	Cognitive Fitness-Keeping Your Brain in Shape	C. Rosen
February 25	Your Miracle Morning Routine: Wake up Ready for a Great Day	C. Miller
March 24	Improving Communication at Work	E. Sommi
March 31	Serious Weight Loss-What does it Take to Succeed?	C. Miller
April 21	A Good Night's Sleep: The Foundation of Your Physical and Mental Health	C. Rosen
April 28	Self-Care vs Medical Model-Why we Need Both	C. Miller
May 19	Having the Hard Discussions-Practical Ways to Facilitate the Sensitive and Sometimes Emotional Topics	G. Toyne
May 26	Develop a Fitness Habit that Requires Minutes not Hours a Day	C. Miller
June 23	Dealing with Conflict at Work	E. Sommi
June 30	Create Your Own Personalized Health Plan	C. Miller
July 21	Green Smoothies: What, Why and How?	C. Miller
July 28	Grocery Store Tour-Shop Smart for Healthy Eating	C. Miller
August 18	Self-Care: It's More Than Hot Tea and Spa Visits	C. Miller
August 25	The Missing Health Secret: Rest, Relaxation and Rejuvenation	C. Miller
September 22	How to Get Dinner on the Table in 30 Minutes or Less	C. Miller
September 29	Thriving vs. Surviving with Your Money	M. McCune
October 20	Easy Yoga at Your Desk	C. Miller
October 27	How to Leap (or Inch) Toward Healthier Habits	C. Miller
November 17	Eat Smart for the Holidays	C. Miller
December 15	Surviving and Thriving During the Holiday Season	E. Sommi

**[www.Alternativeseap.com](http://www.Alternativeseap.com)**

**800-466-8282**