

Wellness Webinars

Healthy at Work & at Home!

You are invited...

Time: Each wellness webinar is from 12 Noon to 1 PM CST. Content is presented live from 12 Noon to 12:30 PM. Real-time opportunity for questions and answers from 12:30 PM to 1 PM.

To Register: Priority sign-ups open on the first day of the month that the program is presented. Secure your spot on the homepage at www.AlternativesEAP.com.



www.AlternativesEAP.com 800-466-8282



An Employee Benefit
Free for You and Your Family

2018 CALENDAR MONTHLY

January 18	Serious Weight Loss-What Does It Take to Succeed
February 15	Time Management: Finding the Tools for A More Balanced Life
March 15	Fitness Made Easy
April 17	Stress Management: Tips for Managing Everyday as Well as Toxic Stressors in Our Lives
May 17	Healthy Aging-You Don't Have to Look and Feel Old
June 21	Bullying in the Workplace
July 19	Developing Healthy Habits
August 16	How to Get Dinner on the Table in 30 Minutes or Less
September 27	Building Financial Fitness at Home
October 18	Managing Your Moods: Strategies for Emotional Well-Being
November 13	Managing Differences in Blended Families
December 20	Surviving and Thriving During the Holidays