



Work Life Balance

Thursday, March 10

This presentation gives tips on how to balance work and life. We will discuss stress management techniques and strategies to help balance everyday life.



Eat Well – Live Well

Tuesday, April 26

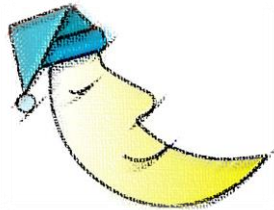
The main focus of the presentation is the basic tenets for making healthy food choices. You will learn how to eat for maximum health and wellness.



Money Matters

Thursday, May 12

This presentation covers how financial concerns cause stress and how to manage your money. It also covers how to effectively deal with debt and strategies for saving.



A Good Night's Sleep

Thursday, September 29

This presentation examines the issue of stress and insomnia and provides important solutions to help workers and families stress less and sleep better.



Battling the Blues and Coping with Depression

Tuesday, November 8

This presentation is designed to provide participants with tools and resources for dealing with low moods. The objective is to empower, educate and teach practical skills to lower the impact and disruption on daily life.

Click the seminar title above to register!

Bring your lunch. Desserts and drinks to be provided.