

2014 EAP WEBSITE CALENDAR

MONTHLY THEME	TIMES	MONTHLY WEBINAR TITLE AND DESCRIPTION	
DEBIT OR CREDIT? Managing credit, debt, and avoiding issues	Jan 21 12 pm, 2 pm ET	<i>Make Your Money Work for You: A Debt Management Plan</i> Learn tips to decrease your debt, maximize your credit score, negotiate with creditors, and rebuild your credit after major life events such as divorce, bankruptcy, or ID theft.	JAN
ARE YOU TAKING YOUR HEALTH TO HEART? Heart health awareness	Feb 18 12 pm, 2 pm ET	<i>Eight Steps to a Healthy Heart</i> Utilizing Mayo Clinic's Heart Healthy Diet concepts, this Webinar will review the eight steps for preventing or reducing your chances of heart disease.	FEB
WHAT'S YOUR PLAN? Making the rest of your life the best of your life	March 18 12 pm, 2 pm ET	<i>Celebrating Midlife</i> Midlife can be the best time of your life. Learn how to find your passion, explore encore careers, consider dating, and deal with Empty Nest Syndrome and Boomerang Kids—all in an effort to prepare yourself for this exciting time.	MAR
CAN WE TALK? Yes. Counseling can help.	April 15 12 pm, 2 pm ET	<i>Will There Be a Couch? What to Expect From Counseling</i> Many people avoid counseling due to misconceptions or even fear. Learn about the counseling process, different types of counseling, what is talked about, and terminology used.	APR
WHO'S WATCHING THE KIDS? Finding the right care for your family	May 20 12 pm, 2 pm ET	<i>Home Alone? When Kids "Outgrow" Child Care</i> With cell phone in hand many tweens feel safe to stay home alone. Learn the signs for readiness, general laws around self-care, and other options for care as children grow and become more independent.	MAY
WILL YOU STILL LOVE ME TOMORROW? Communication strategies to keep couples close	June 17 12 pm, 2 pm ET	<i>Keeping Your Love Alive</i> Learn 10 relational essentials, how to cope with challenges and conflict, and how to balance communication styles while keeping your relationship fresh in this 60-minute Webinar.	JUNE
IS IT HOT IN HERE? Anger: Learning to keep your cool	July 15 12 pm, 2 pm ET	<i>You Make Me So Mad!</i> Rude service encounters. Road rage. Violence in the workplace. Why is everyone so angry? Learn about the causes of anger and how to manage it.	JULY
WHERE'S MY LUNCHBOX? Family readiness for the start of the school year	Aug 19 12 pm, 2 pm ET	<i>Getting Involved With Your Child's School</i> Along with the notebooks, pens, and a new backpack, your kids need parental involvement to succeed in school. Learn effective ways to be a part of your child's school experience.	AUG
IS IT TIME? Knowing when your aging relative needs help	Sept 16 12 pm, 2 pm ET	<i>Caring for an Aging Relative</i> According to the National Council on Aging, 29% of the US population will need to care for a chronically ill, disabled, or aging relative in the coming year. Learn how to determine the type of care needed, options typically available, and where to turn for help.	SEPT
WHAT IS MY FIRST STEP? Getting a handle on addiction	Oct 21 12 pm, 2 pm ET	<i>Identifying Signs of Addiction in a Loved One</i> There are key signs to consider if you think a loved one may have an addiction. This Webinar will provide an overview to this complex situation and options to consider when looking for help.	OCT
WHAT'S ON THE MENU? Healthy eating for you and your family	Nov 18 12 pm, 2 pm ET	<i>Eating Your Way to Wellness</i> Healthy eating can have a significant impact on your overall wellness. Learn to choose and prepare healthy foods, receive tips for eating healthily, and find resources to make healthy eating a healthy habit.	NOV
HOW MUCH IS TOO MUCH? Being resilient to stress	Dec 16 12 pm, 2 pm ET	<i>Self-Care: Remaining Resilient</i> We've all heard the basics on how to deal with stress, but have we fully committed to implementing these in our lives? Learn the benefits of self-care to become resilient to stress.	DEC