



GOOD QUESTIONS.

# GREAT ANSWERS.

WORK-LIFE RESOURCE **2012**

	Monthly Theme	Monthly Webinar* Title <small>*For clients with Advantage Complete or Enhanced Web</small>	Webinar Description <small>Join us for these introductory webinars on work-life topic</small>
JAN	<b>DOES THIS MAKE CENTS?</b> <i>Creating and sticking to a budget</i>	<b>Financial Fitness:</b> <b>Living Within a Realistic Budget</b> JAN 17 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET JAN 18 <sup>th</sup> - 12 pm ET <i>en español</i>	Learn to create and live within a realistic budget, set short and long-term financial goals, track spending, and manage debt.
FEB	<b>DO YOU HEAR ME?</b> <i>Keeping the lines of communication open</i>	<b>The Art of Listening and Giving Feedback</b> FEB 21 <sup>st</sup> - 12 pm, 2 pm, & 4 pm ET	Enhance communication through the art of active listening and learn guidelines for healthy and successful interaction.
MAR	<b>WHAT'S ON YOUR PLATE?</b> <i>Nutrition for you and your family</i>	<b>Eating Your Way to Wellness</b> MAR 20 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET MAR 21 <sup>st</sup> - 12 pm ET <i>en español</i>	Learn tips and resources to eat your way to better and long-lasting health based on the USDA new "My Plate" guidelines.
APR	<b>ARE YOU READY FOR THIS?</b> <i>Disaster preparedness</i>	<b>Getting Prepared Before a Disaster Strikes</b> APR 17 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET	Learn steps to cope with a disaster with careful preparation and the development of an action plan.
MAY	<b>ARE WE THERE YET?</b> <i>Keeping the kids occupied this summer</i>	<b>The Best Summer Ever!</b> MAY 15 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET	Learn strategies to create a rich and rewarding summer experience for your child.
JUN	<b>TO TWEET OR NOT TO TWEET?</b> <i>Twitter, Facebook, and social networking in the office and beyond</i>	<b>Social Networking: Today's Communication Tools</b> JUN 19 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET	Facebook, Twitter, Skype, and FaceTime—learn the importance of online networking in your business and personal life.
JUL	<b>DO I HAVE ENOUGH?</b> <i>Saving for retirement</i>	<b>Your Routine Financial Check-Up</b> JUL 17 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET	Learn the key indicators of financial stability and use simple strategies to reach your optimum financial health.
AUG	<b>CAN I TRUST MY TEEN?</b> <i>Parenting teenagers</i>	<b>Raising Responsible Teens</b> AUG 21 <sup>st</sup> - 12 pm, 2 pm, & 4 pm ET AUG 22 <sup>nd</sup> - 12 pm ET <i>en español</i>	Obtain practical parenting tips for raising trustworthy teens to ensure their safety and give you peace of mind.
SEP	<b>DO YOU NEED A BREAK?</b> <i>Relaxation for mind, body, and spirit</i>	<b>Relaxation at the Workplace</b> SEP 18 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET	Learn stress busters, breathing techniques, and safe stretching exercises to relieve tension at the workplace or anywhere.
OCT	<b>ARE YOU COLLEGE BOUND?</b> <i>College preparedness</i>	<b>Preparing to Enter College</b> OCT 16 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET	Take the mystery out of the admissions process with tips for applications, financial aid, and the emotional aspects of applying for college.
NOV	<b>WHO CARES?</b> <i>Support for those caring for elder adults</i>	<b>Who Takes Care of the Caregiver?</b> NOV 20 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET NOV 14 <sup>th</sup> - 12 pm ET <i>en español</i>	Caring for dependent adults can be overwhelming. Caregivers and their families learn tips to manage stress and identify resources.
DEC	<b>WHAT'S MY NEXT STEP?</b> <i>Setting goals for the future</i>	<b>Creating Your Personal Development Plan</b> DEC 18 <sup>th</sup> - 12 pm, 2 pm, & 4 pm ET	Where do you want to be one, five, even ten years from now? Mapping your growth in the short and long-term.



Employee Assistance & WorkLife Program



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