

2009 Employee Assistance Program Telephone Seminar Schedule

Date	Presenter	Topic	Confirmation code
01/14/09	Bill Dymont	Make the Choice to be Healthy	9108641
01/28/09	Dan Ahlfield & Mary Herber	Manager's Guide to EAP	1440767
02/04/09	Karin King	Organizational Downsizing for Managers	6635844
02/11/09	Rick Conforto	Basic Components of Healthy Eating	3646118
02/25/09	Bill Dymont	Today's Economy: Maintaining Personal Balance	2573654
03/04/09	Karen Untz	Organizational Downsizing for Managers	9431903
03/11/09	Bill Dymont	Healthy Meal Planning	4964779
04/01/09	Greg Porter	Today's Economy: Life Stages Retirement Planning	9081254
04/08/09	Karen Untz	Being a Smart Health Care Consumer	8842809
04/29/09	Dan Ahlfield & Mary Herber	Manager's Guide to EAP	6293456
05/13/09	Karin King	Giving to Your Community and Your Environment	1934247
05/27/09	Teresita Berndes-Carlson	Stress Management 101 – SPANISH	5923941
06/10/09	Rick Conforto	Sleep Well: How to Get a Good Night's Sleep	3490220
07/08/09		Choosing Child Care for All Seasons	4295370
07/29/09	Dan Ahlfield & Mary Herber	Manager's Guide to EAP	4929130
08/12/09		Know Your Numbers: A Guide to Understanding Your Health Status	7064694
08/26/09		Today's Economy: Adjusting to Changes	8742565
09/09/09		Staying Active	7186804
09/23/09		Staying Active - SPANISH	2153491
10/14/09		Surviving Cold and Flu Season	2476135
10/28/09	Dan Ahlfield & Mary Herber	Manager's Guide to EAP	7760542
11/11/09		Smoking Cessation	9971244
11/18/09		Today's Economy: Planning for the Holidays	7147730
12/09/09		Stress Management 101	7094865

All calls begin at 2:00 pm ET (11 am PT) and last one hour.

Please **pre-register** at: <http://ww4.premconf.com/web RSVP> at least 48 hours before the conference. You will need the confirmation codes above. The dial-in number and passcode will be provided to you on the registration site, please write these down for reference. **Handouts** will be available to download from the registration site. A **recorded playback** of each seminar will be available starting two hours after the seminar until midnight on the 10th day from the teleconference date. The dial-in number and passcode for the replay are available on the registration site; please write these down for future reference.



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it's time for a change