

2010 Employee Assistance Program Telephone Seminar Schedule

Date	Presenter	Topic	Confirmation code
January 13		Embracing Optimism: Benefits for Mind and Body	6823458
January 27		Manager's Guide to the EAP	3385342
February 10		How Stress Affects Our Eating Behavior	6129948
February 17		Today's Economy: Strategies for Managers	4068250
February 24		A Frank Discussion About Depression	8277845
March 10		Make the Choice to Be Healthy	1940772
March 24		How to Develop Healthy Habits in Your Children	5880134
March 31		How to Develop Healthy Habits in Your Children (Spanish)	5011954
April 14		Fitness Essentials	4117942
April 28		Manager's Guide to the EAP	4939975
May 12		Healthy Life Tips for Women	7616489
May 19		Stress Management 101	3426061
May 26		The Power of Initiative	4225760
June 9		Healthy Life Tips for Men	6234867
June 23		Sleep Well: How to Get a Good Night's Sleep	3739084
July 14		Personal Safety	4112296
August 11		Know Your Numbers: A Guide to Understanding Your Health Status	4985251
August 25		Manager's Guide to the EAP	4430596
September 8		Aging Gracefully: How to Maintain Your Health	7746897
September 15		Caring for Aging Family Members (Spanish)	4757721
October 13		Caring For Aging Family Members	1614909
October 20		Partner Violence: Educating the Workplace	4347060
October 27		Manager's Guide to the EAP	4970671
November 10		Smoking Cessation	5114595
November 17		Today's Economy: Planning for the Holidays	1226104
December 8		Healthy Meal Planning	9510468

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

Please pre-register at: <http://ww4.premconf.com/webbrsvp> 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.

