

# 2016 Calendar

## EMPLOYEE ASSISTANCE PROGRAM

	Monthly Theme	Monthly Online Seminar* <small>*For clients with Advantage Complete or Enhanced Web</small>	Online Seminar Description — Online Seminars can be found on your home page or you can search for them by title.
JAN	<b>WHY WEIGHT?</b> Look beyond your scale.	<b>A Healthier You</b> Available on demand starting JAN 19 <sup>th</sup>	Making resolutions? This year resolve to create a personal plan to improve your overall health in the areas of nutrition, physical fitness, and mental health.
FEB	<b>BEYOND DATE NIGHT</b> Creating ways to connect.	<b>Keeping Your Love Alive</b> Available on demand starting FEB 16 <sup>th</sup>	Learn the 10 relationship essentials, how to cope with challenges and conflict, and how to balance communication styles while keeping your relationship fresh.
MAR	<b>LIGHTS OUT!</b> Getting your zzz's.	<b>Let's Sleep On It</b> Available on demand starting MAR 15 <sup>th</sup>	There's nothing like a good night's sleep. Learn about the types of sleep, steps to help you have better quality sleep, as well as myths about sleep.
APR	<b>HOME SWEET HOME</b> To buy or not to buy?	<b>Home Buying 101</b> Available on demand starting APR 19 <sup>th</sup>	Is home ownership right for you? This online seminar will explore the advantages and disadvantages of home ownership.
MAY	<b>DEALING WITH DEPRESSION</b> Is it more than just the blues?	<b>Beating the Blues</b> Available on demand starting MAY 17 <sup>th</sup>	We all feel sad sometimes. Get techniques for beating the blues, and learn to recognize the difference between sadness and depression.
JUN	<b>RETIREMENT READY</b> There's more to it than money.	<b>Retirement: It's Not Just About the Money</b> Available on demand starting JUN 21 <sup>st</sup>	You're retiring, now what? Learn how to better prepare yourself for the retirement years to come.
JUL	<b>GROUP EFFORT</b> Family solutions for addiction.	<b>Next Steps: Dealing With Addiction in a Loved One</b> Available on demand starting JUL 19 <sup>th</sup>	You've identified that your loved one has an addiction—what's next? Learn all about interventions, treatment options, and where to find help.
AUG	<b>COLLABORATIVE CAREGIVING</b> Working together for aging adults.	<b>Changing Relationships: You and Your Aging Parent/Relative</b> Available on demand starting AUG 16 <sup>th</sup>	Learn how to access care options and communicate productively with aging adults who can no longer live independently.
SEP	<b>LISTEN UP!</b> Getting through to your child.	<b>Effective Communication With Children</b> Available on demand starting SEP 20 <sup>th</sup>	Kids won't listen? Learn techniques that help you to communicate more effectively and to avoid communication styles that hamper conversation and increase conflict.
OCT	<b>KNOW YOUR NUMBERS</b> Screening adds up to better health.	<b>Better Health Through Screening</b> Available on demand starting OCT 18 <sup>th</sup>	Find out which health screenings are most important for you and what those numbers mean.
NOV	<b>MAKING AND BREAKING TRADITIONS</b> Doing the holiday your way.	<b>Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress</b> Available on demand starting NOV 15 <sup>th</sup>	Is stress getting in the way of your holiday enjoyment? Explore ways to minimize the tension and increase the fun for all involved.
DEC	<b>FOREVER YOUNG</b> Mind, body, and spirit.	<b>Lighten Up With Laughter</b> Available on demand starting DEC 20 <sup>th</sup>	Everybody needs a good laugh. Learn about the many benefits of laughter and develop an action plan for improving humor in your life.

CALL OR GO ONLINE TO GET ANSWERS TO YOUR QUESTIONS

TOLL-FREE: 800-395-1616

WWW.IBHCORP.COM

USERNAME: lehigh PASSWORD: univ03

