**Hattie Mae White - EAP Workshops 2014**

**12:00pm – 1:00pm**

**January 16, 2014**

**Room Assignment: 2C12**

**Course Code: BN0014**

* **Getting Healthy for Life**

Adopting a healthy lifestyle and getting fit for life can seem overwhelming for most people.

Participants learn steps to improve their short-term and long-term health through healthy eating and exercise.

**February 20, 2014**

**Room Assignment: 3C12**

**Course Code: BN0011**

* **Stress Management and Healthy Well-being**

This workshop helps participants understand the impact of negative stress on their overall well-being, as well as how it contributes to certain medical conditions. Participants learn how to identify the sources of stress in their lives, and strategies for managing stress.

**March 12, 2014**

**Room Assignment: 3C12**

**Course Code: BN0037**

* **Kick It! Successfully Quit Tobacco Use**

A variety of biological, psychological and social factors are associated with addiction to tobacco. Participants gain a better understanding of the addiction and learn quitting strategies and tips for preventing relapse.

**April 16, 2014**

**Room Assignment: 3C12**

**Course Code: BN0038**

* **Sleep: Understanding the Basics**

This workshop helps participants understand how sleep quality affects their health, productivity and emotional well-being. They will also learn about the components of good sleep habits and treatments for sleep disorders.

**May 14, 2014**

**Room Assignment: 3C12**

**Course Code: BN0021**

* **Laugh it Off: Use Humor to Combat Stress**

Laughter is our body’s natural stress-release mechanism. Training participants learn

how laughter wards off stress and improves mood and how to incorporate laughter

into their daily lives.