



JOIN US FOR FREE WORKSHOPS,  
SPONSORED BY THE EMPLOYEE ASSISTANCE PROGRAM.  
THESE WORKSHOPS PRESENT PRACTICAL INFORMATION,  
STRATEGIES AND RESOURCES TO HELP YOU ADDRESS  
PERSONAL HEALTH AND DEVELOPMENT, EMOTIONAL HEALTH  
AND WORKPLACE ISSUES.

# HISD | Benefits Office

BRINGING BENEFITS TO LIFE

## Spring EAP Workshops at HMW

Afternoon and Evening Sessions

### • Weight Management

Participants will learn how to calculate their BMI (body mass index). Identify those at risk for obesity. Receive some answers and hear more questions regarding obesity. Learn what they can do about the obesity epidemic.

**Course Code: BN0044**

March 12, 2015 - 5:30pm – 6:30pm – Room 3C04

March 25, 2015 - 12:00pm – 1:00pm – Room 1E02

### • Adopting a Healthy Lifestyle

Participants will learn how to live a healthy life by adopting healthy habits and thoughts! This is an achievable goal in anyone's life. In this seminar, participants will review behaviors and beliefs that make up a healthy life, including: An overview of a healthy lifestyle. Understanding the basics of healthy eating. The role of exercise. The power of sleep. How setting and reaching goals empowers us to live well.

**Course Code: BN0045**

April 9, 2015 - 12:00pm – 1:00pm - Room 2C12

### • Nutrition Basics

Participants will set goals to eating well. They will learn what to do when their commitment is in place. This brief seminar gives participants some basic tools they can use to eat better. Reading nutrition labels. Portion control. Meal planning.

**Course Code: BN0046**

April 16, 2015 - 5:30pm – 6:30pm – Room 2C12

April 22, 2015 - 12:00pm – 1:00pm – Room 2C10

### • Emotional Eating

Participants will learn the difference between hunger of the body and hunger of emotions. Participants will also learn the definition of emotional eating. Factors that trigger emotional eating. Ways to identify triggers. How to distinguish between physical and emotional hunger. How to eat in response to hunger rather than emotions.

**Course Code: BN0047**

May 7, 2015 - 5:30pm – 6:30pm – Room 3C04

May 20, 2015 - 12:00pm – 1:00pm – 2C10

**Space is limited. Please register via e-Train. If you have questions, please contact the Benefits Department at 713-556-6655.**