

# **Hattie Mae White Educational Support Center Summer Workshops 2013**

## **Estate Planning, Wills and Trusts – Presented by the Employee Assistance Program**

**Monday June 10, 2013 12:00 – 1:00pm**

Workshop attendees learn why it is important to undertake estate planning, what assets to include, what tools are available and how the process works. Participants also develop strategies for communicating about estate planning with older relatives and other family members. Room 3C12, Course Code: BN0012

## **Benefits Outlook Website Training – Presented by the HISD Benefits Department**

**Wednesday June 12, 2013 11:30 – 12:30pm**

Participants will navigate through the HISD Benefits Outlook website and use web tools and online resources to enhance their knowledge of the HISD Benefits Outlook website. Participants will learn how to access their benefits; learn to find a doctor, etc. Room 2C07, Course Code: BN0030

## **Memory Fitness: Protecting a Valuable Asset – Presented by the Employee Assistance Program**

**Wednesday June 26, 2013 12:00 – 1:00pm**

Training participants learn what memory is and how it works. They also gain tools for sharpening memory functioning and preventing memory loss. Room 3C10, Course Code: BN0017

## **Healthy Brain, Health Body - Presented by the Alzheimer's Association**

**Monday July 8, 2013 12:00 – 1:00pm**

Participants will learn about the importance of nutritional health, physical activity, mental stimulation and social wellness in brain health. Your brain helps you do almost everything - think, feel, remember, work, play and the list goes on. So how should you take care of it? Room 3C10, Course Code: BN0033

**Laugh it Off: Use Humor to Combat Stress – Presented by the Employee Assistance Program**

**Wednesday July 17, 2013      12:00 – 1:00pm**

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. Room 3C10, Course Code: BN0021

**Fast Food Challenge – Presented by Diabetes America**

**Thursday July 25, 2013      12:00 – 1:00pm**

Participants will learn tips for eating on the run, making better fast food choices, and the facts about calories. Have you ever wondered which was better for you - the fish sandwich or chicken nuggets? Trying to lose weight but always eating out? This is the class for you. In this workshop participants will learn how to eat healthy while on the go. Room 2C12, Course Code: BN0018

**Powers of Attorney and Advance Directives – Presented by the Employee Assistance Program**

**Wednesday July 31, 2013      12:00 – 1:00pm**

Workshop attendees gain a solid understanding of advance directives and their benefits, the difference between a "living will" and a "durable power of attorney" and preparation tips. Participants also develop strategies for communicating with older relatives about the need for advance directives. Room 3C10, Course Code: BN0018

**Getting Healthy for Life – Presented by the Employee Assistance Program**

**Tuesday August 13, 2013      12:00 – 1:00pm**

Adopting a healthy lifestyle and getting fit for life can seem overwhelming for most people. Participants learn steps they can take to improve their short-term and longterm health through healthy eating and exercise. Room 3C12, Course Code: BN0014

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