

April 10

Room Assignment: 1E02

COURSE TITLE: Getting Healthy for Life

COURSE: BN0014

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 long-term health through healthy eating and exercise.

April 25

Room Assignment: 1E02

COURSE TITLE: Healthy Eating and Stress Management

COURSE: BN0015

Participants explore the relationship between unhealthy eating and stress, and learn ways to develop healthier eating and stress management habits.

May 9

Room Assignment: 1E02

COURSE TITLE: Managing Health Behavior Change

COURSE: BN0016

Whether they are considering changing a bad habit, an addiction or lifestyle, attendees at this workshop gain insight into the process of change and receive step-by-step instructions for making healthy, informed and responsible changes.

May 23

Room Assignment: 1E02

COURSE TITLE: Memory Fitness: Protecting a Valuable Asset

COURSE: BN0017

Training participants learn what memory is and how it works. They also gain tools for sharpening memory functioning and preventing memory loss.

September 6

Room Assignment: 1E02

COURSE TITLE: Powers of Attorney and Advance Directives

COURSE: BN0018

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.

September 19

Room Assignment: 1E02

COURSE TITLE: Financial Uncertainty: What to Do—Today!

COURSE: BN0019

This training helps people identify a personal action plan for financial management and change management strategies. Participants learn how they can practice resilience so they can successfully manage the effects of financial changes.

December 6

Room Assignment: 1E02

COURSE TITLE: Keeping the “Happy” in Holidays

COURSE: BN002

The holiday season can bring mixed feelings of joy, anticipation, disappointment and sometimes depression. This training helps participants learn how to set realistic expectations for the holidays, establish priorities and limits for holiday obligations, and focus on what’s really important.