

## EAP 2017-2018 COURSE CALENDAR

### CAREGIVERS: A GUIDE TO SELF-CARE & RESOURCES (NATIONAL CAREGIVERS MONTH)

Family caregivers share an emotional bond with the care recipient — by birth, marriage, deep commitment, friendship, etc. Balancing work and family while caring for an older adult dependent can be trying for all involved. Discover the importance of taking care of yourself and how to find resources to help ease the stress that may be caused by this important responsibility.

**When:**  
Wednesday,  
August 23<sup>rd</sup>, 2017  
  
10:30am-11:30am

**Where:**  
New Government  
Center-First Floor:  
RM 161/162

### POWER OF POSITIVE THINKING (NATIONAL POSITIVE ATTITUDE MONTH)

Whether you believe it or not, we can rewire our brains to think differently. Positive thinking can dramatically affect our own attitudes, as well as our relationships with others. In this seminar, we will learn how we can replace negativity with positive thoughts, and discuss best practices and the power of praise. We'll learn overall skills that will assist us in making changes that will lead to our own greater happiness.

**When:**  
Wednesday,  
October 4<sup>th</sup>, 2017  
  
10:30am-11:30am

**Where:**  
New Government  
Center-First Floor:  
RM 161/162

### THE FIVE BUCKETS PRINCIPLE (NATIONAL WORK & FAMILY MONTH)

Is it possible to meet the competing demands of job, family, friends, school and work? The answer is a resounding yes! Learn the Five Buckets Principle of work-life balance. Discover how to think about the big picture without ignoring the little things that matter. Explore how to find the time to take care of it all — including time for yourself — by identifying priorities, making choices and managing expectations.

**When:**  
Tuesday, October  
17<sup>th</sup>, 2017  
  
10:30am-11:30am

**Where:**  
New Government  
Center-1<sup>st</sup> Floor:  
RM 161/162

### DYNAMICS OF CHANGE MANAGEMENT

Change is stressful. Learning how to manage and cope with change is vital to our well-being in this ever-changing world. Even if the stress of change is unavoidable, you can learn how to deal effectively with change in the workplace and in your personal life. Discover strategies and tactics that can help you cope with change and take charge of what can be controlled.

**When:**  
Wednesday,  
November 1<sup>st</sup>,  
2017  
  
10:30am-11:30am

**Where:**  
New Government  
Center-First Floor:  
RM 161/162

### MINDFUL MEDITATION

In our busy, “automatic pilot” lives, we may find that we crave opportunities to be mindful. In this seminar, participants will examine the focus of mindful meditation, define it, explore what it is and isn't, identify its benefits, discuss data that supports mindful meditation and have an opportunity to experience it

**When:**  
Wednesday,  
November 15<sup>th</sup>,  
2017  
  
10:30am-11:30am

**Where:**  
New Government  
Center-First Floor:  
RM 161/162

## NEW YEARS RESOLUTIONS (NEW YEAR)

Every day can be like January 1<sup>st</sup>! Learn about relationships which, when done properly, can truly change our lives. Receive help, encouragement, and guidance. The workshop is meant to be extremely interactive and participatory.

**When:**

Tuesday,  
January 23<sup>rd</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## GETTING YOUR AFFAIRS IN ORDER: FIVE ESSENTIAL DOCUMENTS

Learn and explore the five documents that everyone should have to prepare for the unexpected. Gain the knowledge you need to be ready and organized for the future.

**When:**

Tuesday, January  
31<sup>st</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## EMOTIONAL EATING

Are you an emotional eater? In this workshop, participants will explore their own eating habits and learn to spot emotional eating. We will discuss the relationship between moods and cravings, learn to recognize things that are likely to trigger emotional eating and identify steps and resources to gain control.

**When:**

Wednesday,  
February 7<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## HEALTH & WELL-BEING IN THE WORKPLACE

Discover how to enhance your health, well-being and productivity by relieving stress with simple relaxation techniques. Explore ergonomics and learn how to avoid on-the-job injuries from lifting, repetitive stress (such as carpal tunnel syndrome) and computer-related injuries (headache, eyestrain and back pain). The discussion will include how to achieve work-life balance, establish priorities, eat healthy and get regular exercise.

**When:**

Wednesday,  
February 21<sup>st</sup>,  
2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## NUTRITION NAVIGATOR (NATIONAL NUTRITION MONTH)

Looking to plan some healthy meals during your busy week? Trying to better understand components like nutrition labels, blood sugar levels and fiber? This seminar is a nutrition navigator that will help you begin planning healthy meals and introduce some of the nutrition basics for your journey to a healthier you!

**When:**

Tuesday, March  
6<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## COMPASSION FATIGUE: INCREASING RESILIENCY

Giving daily care to victims of traumatic events can take an emotional toll. Learn how to identify the factors that contribute to compassion fatigue and related symptoms, such as emotional outbursts, chronic ailments and difficulty sleeping. Discover how compassion fatigue can develop and learn specific strategies to increase your resiliency.

**When:**

Tuesday,  
March 27<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

SLO Veteran's Hall  
801 Grand Ave

## LIVING WITHIN A REALISTIC BUDGET (NATIONAL FINANCIAL LITERACY MONTH)

Living within a realistic budget is doable! Learn to make wise choices and stretch your financial resources to make the most of what you earn. Discover the importance of setting realistic goals for long-term financial health. Learn how to track spending and manage debt.

**When:**

Tuesday,  
April 10<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## LEARNING TO RELAX (NATIONAL STRESS AWARENESS MONTH)

In this workshop, you will learn more about different relaxation strategies — including meditation, guided imagery, deep breathing, progressive muscle relaxation and yoga — to find a technique that works for you. You will discover the potential health benefits of relaxation and how you can be more productive during the day and sleep better at night.

**When:**

Wednesday,  
April 25<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## MANAGING YOUR PRIORITIES TO MAXIMIZE YOUR DAY

Discover how to enhance your health, well-being and productivity by relieving stress with simple relaxation techniques. Explore ergonomics and learn how to avoid on-the-job injuries from lifting, repetitive stress (such as carpal tunnel syndrome) and computer-related injuries (headache, eyestrain and back pain). The discussion will include how to achieve work-life balance, establish priorities, eat healthy and get regular exercise.

**When:**

Tuesday,  
May 15<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## PROMOTING FAMILY HEALTH

Your family's health matters and living healthy can be a challenge. With demanding schedules at both home and work, it isn't always easy to keep yourself and family members on track. In this seminar, participants will learn simple steps they can take to promote good family health. Participants will explore the importance of a documented family history, the benefits of a family emergency plan, healthy meal planning guidelines, exercise as a family bonding activity and other helpful tips.

**When:**

Wednesday,  
May 30<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## HEALTHY AGING

There is a saying that "60 is the new 40." The way our society looks at age is changing. We have longer life spans and face new health challenges as a result. In this workshop, we will discuss age as a state of mind. The way we relate to our surroundings influences our perception of the aging experience.

**When:**

Wednesday,  
June 20<sup>th</sup>, 2018

10:30am-11:30am

**Where:**

New Government  
Center-First Floor:  
RM 161/162

## USING TEAMWORK TO PROMOTE SUCCESS & PRODUCTIVITY

The quality of the work team may be the single most important factor in success and productivity in the workplace. Examine the makeup of a successful team and discuss team dynamics, such as building trust, clarifying goals, self-assessment, problem-solving, proper roles and effective communication

**When:**

Wednesday,  
June 27<sup>th</sup>, 2018

**Where:**

New Government  
Center-First Floor:  
RM 161/162