

Webinars Can Help You Manage Life Matters

Your Work/Life benefit is hosting the following live webinars in the first half of 2011. All you need is a phone and an online connection to participate. Register today as these one-hour sessions fill up quickly. There is no cost to participate.

- **You Can Be Smoke-Free**
January 12 at 12 pm ET & January 13 at 3 pm ET
Understand what to expect when becoming a non-smoker, how to do so successfully, and the immediate and long-term benefits to your health.

Outcome: Develop a personal action plan
- **Long-Term Care Insurance**
February 15 at 12 pm ET & February 16 at 3 pm ET
Medicare and private health insurance programs do not pay for the majority of long-term care services that most people need. This webinar provides a basic overview of long-term care insurance.

Outcome: Design coverage to meet your needs
- **Healthy Meal Planning**
March 8 at 12 pm ET & March 9 at 3 pm ET
Learn how to feed your family healthy foods on a budget, and discover how to identify healthy ingredients and build them into your meals.

Outcome: Understand how to eat healthier
- **Caring for a Child with Special Needs**
April 13 at 12 pm ET & April 14 at 3 pm ET
Navigate the educational and child care resources available for children with special needs.

Outcome: Realize unique aspects regarding special education law, school system and child care options
- **Get Smart About Brain Health**
May 10 at 12 pm ET & May 12 at 3 pm ET
Maintain good brain health and memory fitness to assist in remembering information, people and experiences.

Outcome: 10 steps to enhancing brain health
- **Helping Your Child Get Active**
June 9 at 12 pm ET & June 14 at 3 pm ET
Strategize how to help get your child on the right track to health.

Outcome: Tips on diet, meals, snacks and active entertainment options



[Register now for an upcoming webinar!](#)

Log on to www.aetnaeap.com

- Select "Aetna EAP" from the drop-down menu
- Enter your Company ID
- Click the LifeCare link in the left navigation bar
- Under Interactive Resources on the right navigation bar click ATTEND to join a live monthly webinar!

Webinars Can Help You Manage Life Matters

Your Work/Life benefit is hosting the following live webinars in the second half of 2011. All you need is a phone and an online connection to participate. Register today as these one-hour sessions fill up quickly. There is no cost to participate.

- **Lightening Your Life with Laughter**
July 12 at 12 pm ET & July 13 at 3 pm ET
Receive proven techniques on stress reduction through humor and laughter.

Outcome: Recognize therapeutic benefits of humor
- **Preparing Your Child for College**
August 9 at 12 pm ET & August 11 at 3 pm ET
Prepare to make the transition to college a productive experience for the entire family.

Outcome: Discover how to adapt for this important milestone
- **Planning Your Financial Future**
September 13 at 12 pm ET & September 20 at 3 pm ET
Distinguish the typical road blocks to saving and how to deal with them. *The webinar does not provide specific financial or investment advice.*

Outcome: Understand your future needs to build your treasure chest and get out of debt
- **Working Parents How to Achieve Balance**
October 25 at 12 pm ET & October 26 at 3 pm ET
Construct a structure to manage family and work responsibilities.

Outcome: Create a work/life plan
- **The Importance of Family Meetings**
November 15 at 12 pm ET & November 16 at 3 pm ET
Focus your family on designing a caregiving plan.

Outcome: Divide responsibilities as a result of a family meeting
- **Building Good Credit and Improving Your Credit Score**
December 6 at 3 pm ET & December 14 at 12 pm ET
Review your credit report and credit score to successfully monitor your credit records.

Outcome: Better manage cash flow for an improved credit score



[Register now for an upcoming webinar!](#)

Log on to www.aetnaeap.com

- Select "Aetna EAP" from the drop-down menu
- Enter your Company ID
- Click the LifeCare link in the left navigation bar
- Under Interactive Resources on the right navigation bar click ATTEND to join a live monthly webinar!