



2012 CALENDAR

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- Wellness Seminar or Workshop
- Keynote Speaker

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	WHAT'S HAPPENING WITH WORK, HEALTH, LIFE THIS MONTH?	WATCH FOR YOUR Shepell·fgi NEWSLETTERS THIS MONTH	FEATURED Shepell·fgi EAP SUPPORT RESOURCES & RECOMMENDATIONS
JANUARY	<ul style="list-style-type: none"> Resolutions and Gaining Control of your Health, Finances Alzheimer's Awareness Month Non-smoking Week 	<ul style="list-style-type: none"> Balance Healthy Working Healthy Living 	<ul style="list-style-type: none"> Online Smoking Cessation Program Online Financial Planning Service Family Support Services Wellness Seminar: Care for the Caregiver
FEBRUARY	<ul style="list-style-type: none"> Healthy Relationships Heart Month World Cancer Day · FEB 4 	<ul style="list-style-type: none"> Balance Healthy Working 	<ul style="list-style-type: none"> Enhancing Your Relationship Program Counseling Health and Wellness Resources Wellness Seminar: Heart Smart Keynote Speaker: Relationships or Conflict Resolution
MARCH	<ul style="list-style-type: none"> Nutrition Month International Women's Day · MAR 8 	<ul style="list-style-type: none"> Balance 	<ul style="list-style-type: none"> Family Support Services Nutrition Services Wellness Seminar: Eating for Energy Keynote Speaker: Health & Nutrition or Men's Health or Women's Health
APRIL	<ul style="list-style-type: none"> Financial Planning World Health Day · APR 7 Healthy Outcomes Conference · APR 10-12 24TH Annual EASNA Institute · APR 25-27 	<ul style="list-style-type: none"> Balance Healthy Working Healthy Living 	<ul style="list-style-type: none"> Online Financial Planning Service Legal Support Services Nutrition Services Critical Incident Support Services
MAY	<ul style="list-style-type: none"> Occupational Health and Safety Violence in the Workplace Mental Health Week · MAY 1-7 International Day of Families · MAY 15 World No-Tobacco Day · MAY 31 	<ul style="list-style-type: none"> Balance Mental Health Microsite 	<ul style="list-style-type: none"> Critical Incident Support Services Counseling Online Smoking Cessation Program Mental Health Microsite Wellness Seminar: Ergonomics
JUNE	<ul style="list-style-type: none"> Focus on Parenting Stroke Awareness Month Workplace Wellness and Mental Health 2012 · JUN 18-19 	<ul style="list-style-type: none"> Balance 	<ul style="list-style-type: none"> Family Support Services Health and Wellness Resources Online Stress Management Program Wellness Seminar: Creating a Great Family Life Keynote Speaker: Parenting



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JULY	<ul style="list-style-type: none"> Water and Sun Safety Getting in Shape Travelling with Kids 	<ul style="list-style-type: none"> Balance 	<ul style="list-style-type: none"> Nutrition Services Family Support Services
AUGUST	<ul style="list-style-type: none"> Focus on Work/Life Balance International Youth Day · AUG 12 	<ul style="list-style-type: none"> Balance Healthy Working Healthy Living 	<ul style="list-style-type: none"> Career Counseling Family Support Services Nutrition Services Counseling Critical Incident Support Services Wellness Workshop: Achieving Work-Life Balance Keynote Speaker: Life Balance
SEPTEMBER	<ul style="list-style-type: none"> Heading Back to School Focus on Bullying World Suicide Prevention Day · SEP 10 World Alzheimer's Day · SEP 12 	<ul style="list-style-type: none"> Balance 	<ul style="list-style-type: none"> Counseling Family Support Services
OCTOBER	<ul style="list-style-type: none"> World Mental Illness Awareness Month Health Work and Wellness Conference 	<ul style="list-style-type: none"> Balance Mental Health Microsite 	<ul style="list-style-type: none"> Mental Health Microsite Counseling Wellness Workshop: Mental Health in the Workplace Keynote Speaker: Mental Illness
NOVEMBER	<ul style="list-style-type: none"> Addictions Awareness Health Food Month World Diabetes Day · NOV 14 Universal Children's Day · NOV 20 	<ul style="list-style-type: none"> Balance Healthy Working Healthy Living 	<ul style="list-style-type: none"> Nutrition Services Online Stress Management Program Counseling Wellness Seminar: Eat Well, Live Well, for a Lifetime Keynote Speaker: Alcoholism/Drug Abuse
DECEMBER	<ul style="list-style-type: none"> Focus on Stress World AIDS Day · DEC 1 International Human Rights Day · DEC 10 	<ul style="list-style-type: none"> Balance 	<ul style="list-style-type: none"> Online Stress Management Program Nutrition Services Enhancing Your Relationship Program Wellness Workshop: Easing the Pressure (Stress Management) Keynote Speaker: Stress