

| | Employee Webinar | Manager Webinar |
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| January | <p>Overcoming Addictions</p> <p>There are many types of addiction from gambling to shopping to internet addiction. Learn strategies to help you overcome an addiction.</p> <p>Tuesday, Jan. 8; 2 p.m. ET</p> | |
| February | <p>Enrich Your Social Life With Friendships</p> <p>Exercise, eating healthily, and practicing stress-reducing techniques are some of the ways people maintain their health. But did you know that having friends can have significant health benefits as well?</p> <p>Tuesday, Feb. 5; 2 p.m. ET</p> | |
| March | <p>Sleep Better to Live Better</p> <p>Sleep deprivation or inadequate sleep can cause medical conditions such as high blood pressure, depression, and heart disease. A good sleep routine can help improve your quality of sleep and your health.</p> <p>Tuesday, March 5; 2 p.m. ET</p> | <p>Less Sleep = Less Productivity</p> <p>Shift work, technology, and poor sleeping habits all can have an impact on a person's quality of sleep. Poor sleep can cause a decrease in work efficiency, an increase in accidents on the job, and an increase in absenteeism. Learn how to recognize signs of fatigue and what you can do about it.</p> <p>Thursday, March 7; 2 p.m. ET</p> |
| April | <p>Special Child, Special Needs: Tips for Caregivers</p> <p>Help your child go beyond the label of "disability" by focusing on your child's strengths and potential. Learn to identify caregiver stressors and find ways to manage stress.</p> <p>Tuesday, April 2; 2 p.m. ET</p> | |
| May | <p>The Pillars of Good Mental Health</p> <p>Components of good mental health include the ability to cope well with stress and accomplish personal goals. You can take steps to protect and support your mental health throughout your life.</p> <p>Tuesday, May 7; 2 p.m. ET</p> | |

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| <p>June</p> | <p>Navigate Life's Changes</p> <p>By increasing your resilience and understanding how you cope with change, you can successfully manage and thrive through a challenging situation.</p> <p>Tuesday, June 4; 2 p.m. ET</p> | <p>Developing a Culture of Well-being</p> <p>Promoting the good health of employees goes a long way in establishing a productive, friendly work environment.</p> <p>Thursday, June 6; 2 p.m. ET</p> |
| <p>July</p> | <p>Nurturing Respect in the Workplace</p> <p>What behaviors are acceptable in the workplace? Which are not? Business etiquette is a key competency in professional development, setting the tone for work relationships and how you are perceived by your colleagues.</p> <p>Tuesday, July 2; 2 p.m. ET</p> | |
| <p>August</p> | <p>Is This Normal Teen Behavior, or Is My Teen Depressed?</p> <p>Adolescence can be difficult, and it is normal for teens to feel sad, irritable, or discouraged at times. However, if these feelings don't go away or disrupt your teen's ability to function on a day-to-day basis, your teen may have depression.</p> <p>Tuesday, Aug. 6; 2 p.m. ET</p> | |
| <p>September</p> | <p>Suicide Prevention</p> <p>Help prevent and reduce suicide by learning about suicide and being able to identify suicide risk factors and warning signs, and know about suicide prevention/intervention strategies.</p> <p>Tuesday, Sept. 3; 2 p.m. ET</p> | <p>Preventing Suicide in the Workforce</p> <p>Help prevent and reduce suicide in the workplace by learning myths and misconceptions about suicide and being able to identify suicide risk factors and warning signs.</p> <p>Thursday, Sept. 5; 2 p.m. ET</p> |
| <p>October</p> | <p>Depression Awareness and Treatment</p> <p>Help to reduce the stigma of seeking help for depression by learning to recognize the signs and symptoms and knowing about resources that can help depressed persons and their loved ones.</p> <p>Tuesday, Oct. 1; 2 p.m. ET</p> | |



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| November | <p>Caregivers: Take Care of Yourself So You Can Be at Your Best</p> <p>Caregiving can be gratifying, but it can also be stressful. Therefore, it is important for a caregiver to take steps to ensure his own health and well-being</p> <p>Tuesday, Nov. 5; 2 p.m. ET</p> | |
| December | <p>Preventing and Reducing Anxiety</p> <p>Occasionally experiencing anxiety and worry is normal. However, when anxiety is sustained over time, this normally helpful emotion can become destructive and prevent you from performing your best.</p> <p>Tuesday, Dec. 3; 2 p.m. ET</p> | <p>Being a Supervisor Is Tough: Reduce Your Stress</p> <p>People are experiencing more demands and more pressures in the workplace and at home. While some stress is good, excessive or chronic stress can lead to decreases in productivity, an inability to concentrate, and an increase in stress levels in your employees.</p> <p>Thursday, Dec. 5; 2 p.m. ET</p> |

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