

2015 CALENDAR

UW CARELINK PROGRAM



	Monthly Theme	Monthly Webinar Title	Webinar Description Join us for these introductory webinars on work-life topics.
JAN	GET YOUR HEAD IN THE GAME Focus on the now	The Mind-Body Connection JAN 20 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn to recognize and manage stressful situations, practice relaxation techniques, and understand the benefits of making the mind-body connection
FEB	FINANCIAL FITNESS How to live lean	Financial Fitness: Living Within a Realistic Budget FEB 17 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Living within a budget can seem restrictive—similar to being on a diet. Learn about common money mistakes as well as practical and realistic tips for living within a budget.
MAR	GET IT TOGETHER Make your disaster plan	Practical Strategies to Stay Safe MAR 17 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn strategies to keep you and your family safe in case of natural disasters, terrorist attacks, or other emergencies.
APR	ADDRESSING ANXIETY How to take charge	Disrupting Negative Thoughts APR 21 st — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn how to gain control over negative thoughts and increase recognition of the positives occurring in your life.
MAY	SIGN ON THE DOTTED LINE Essential documents for everyone	Estate Planning: Five Essential Documents MAY 19 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn the key documents everyone over 18 should have prepared so your family understands your wishes regarding your health, money, and property.
JUN	BETTER TOGETHER Workplace communication and collaboration	Communication Skills for Collaboration JUN 16 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn about different communication styles, why communication sometimes fails, and strategies to create a respectful and cohesive workplace.
JUL	UNPLUG TO RECHARGE How to disconnect	Information Overload JUL 21 st — 9 am, 11 am PT; 12 pm, 2 pm ET	Review practical tips for managing your devices and applications to eliminate distraction and create more focus in your professional and personal lives.
AUG	CAUGHT IN THE MIDDLE The new sandwich generation	Strategies for Multigenerational Caregiving AUG 18 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn about the emotional and financial impact of being a member of the sandwich generation. Discover coping mechanisms that help restore work-life balance and support resilience.
SEP	SHIFTING GEARS Learn to negotiate change	Coping With Change SEP 15 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn personal strategies on how to deal with both the losses and the gains that change brings to your life.
OCT	HEADS UP Tips for better brain health	Know the 10 Signs OCT 20 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn the 10 early warning signs of Alzheimer's disease in this webinar presented by the National Alzheimer's Association. Review the differences between age-related memory lapses and the signs of dementia.
NOV	QUIT IT Dropping unhealthy habits	Stick With It NOV 17 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Using strategies developed by the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change.
DEC	START SOMETHING Change your life for the better	Creating a Personal Development Plan DEC 15 th — 9 am, 11 am PT; 12 pm, 2 pm ET	Learn to recognize types of goals and understand effective goal setting. Explore potential obstacles that can create barriers to reaching your goals.



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