

HelpNet

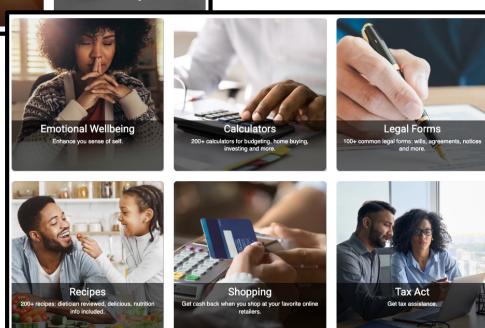
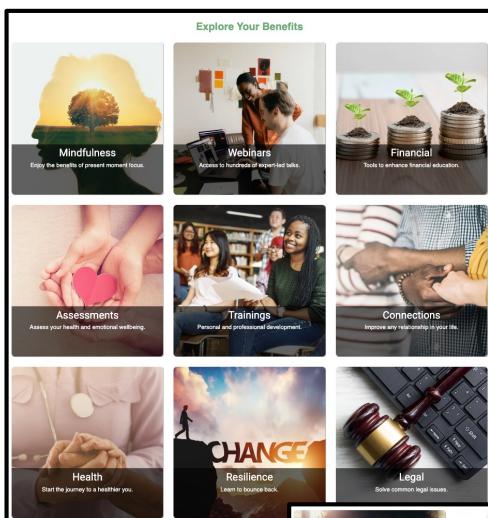
Your Customized EAP Website

A gateway to access online options for employees, and their household, to maintain a healthy balance between work, family, and individual needs. You will find a host of information that is easy to access in specific areas of interest.



See back side for a listing of the self-paced training opportunities available.

**News Alerts • Legal • Financial • Travel
Childcare • Elder Care • Family • Relationships
Nutrition • Wellness • Fitness • Home • Pets
Volunteer • Training Center • Personal Growth**



HelpNet Tools

Skill Builders

Health Tools

MD Hub

MedLine

Calculators

Nutrition

Fitness

Wellness

Legal

Financial

Forms & Templates

Webinars

Recipes

Daily Living

Stress Management

and more...

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Training Center

Finances

- Budgeting For Life
- How to Start Saving for Retirement
- Investing Basics

Health and Wellness

- A Better Nights Rest
- An Introduction to Mindfulness
- Digital Wellness

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Personal Development

- Achieving Personal Goals
- Anger Management
- Building a Life of Gratitude

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Professional Development

- Applying Leadership Basics
- Appreciating Personal Differences
- Attention Management

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Webinars

Family Life

- 5 Strategies to Actually Enjoy the Holidays This Year
- Addressing the Elephant in the Room: Grief, Illness and Family Caregiving
- As Our Parents Age

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Personal & Professional Development

- Achieving Harmony: How to Maintain a Healthy Work-Life Balance
- Benefits of Mindfulness
- Building Effective Teams in the Digital Workplace

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Finances

- Budgeting Basics: Financial Wellness is Within Reach!
- Funding College: 5 Steps Every Family can use to Build a Successful Plan
- Household and Individual Budgeting

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Health and Wellness

- Beyond Blue: Understanding Mental Illness
- Breaking the Silence on Suicide: What to know and how to help
- Deep Relaxation for Better Sleep

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Legal

- Identity Theft: What Can You Do About It?
- Legal and Financial Aspects of Eldercare
- Navigating Divorce

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