

**Carolinas HealthCare System
Employee Assistance Program
Educational Workshops
2nd Quarter 2010**

Date	Subject	Goal	Location
April 6 th 5:30 pm - 6:30 pm	<i>Work Life Balance</i>	Obtain tips for balancing work/home.	Albemarle, NC
April 14 th Noon – 1:00 pm	<i>Organize Your Life</i>	Tips for organizing home and office.	Charleston, SC
April 14 th 5:30 pm - 6:30 pm	<i>Organize Your Life</i>	Tips for organizing home and office.	Charlotte, NC
April 15 th Noon - 1:00 pm	<i>Organize Your Life</i>	Tips for organizing home and office.	Charleston, SC
April 20 th Noon - 1:00 pm	<i>Organize Your Life</i>	Tips for organizing home and office.	Monroe, NC
April 22 nd 5:30 pm - 6:30 pm	<i>Work Life Balance</i>	Obtain tips for balancing work/home.	Concord, NC
April 30 th 11:30 am - 12:30 pm or 12:45pm - 1:45 pm	<i>Organize Your Life</i>	Tips for organizing home and office.	Shelby, NC
May 4 th 5:30 pm - 6:30 pm	<i>Vacation Budgeting</i>	Learn ways to save for the vacation that won't follow you home.	Albemarle, NC
May 11 th 5:30 pm - 6:30 pm	<i>Dealing With Difficult People</i>	Build skills to improve communication with others.	Monroe, NC
May 18 th 5:30 pm - 6:30 pm	<i>Dealing With Difficult People</i>	Build skills to improve communication with others.	Charlotte, NC Charleston, SC
May 19 th 5:30 pm - 6:30 pm	<i>Dealing With Difficult People</i>	Build skills to improve communication with others.	Charleston, SC
May 25 th Noon - 1:00 pm	<i>Vacation Budgeting</i>	Learn ways to save for the vacation that won't follow you home.	Concord, NC
May 31 st Noon - 1:00 pm	<i>Vacation Budgeting (Webinar)</i>	Learn ways to save for the vacation that won't follow you home.	Via the Internet
June 9 th 5:30 pm - 6:30 pm	<i>Care for the Caregiver</i>	Explore ways to take care of you while caring for those you love.	Charlotte, NC
June 15 th Noon - 1:00 pm	<i>Care for the Caregiver</i>	Explore ways to take care of you while caring for those you love.	Monroe, NC
June 22 nd Noon - 1:00 pm	<i>Care for the Caregiver</i>	Explore ways to take care of you while caring for those you love.	Albemarle, NC
June 24 th 5:30 pm - 6:30 pm	<i>Care for the Caregiver</i>	Explore ways to take care of you while caring for those you love.	Concord, NC

**Space is limited so please call
704-355-5021 or 800-384-1097
to register and for location.**

These dates and topics are subject to change based on demand.