

“Goal Setting: Strategies for Success”

Carolinas HealthCare System Employee Assistance Program invites you to join us for a **free** seminar designed to help you create and achieve your goals.

Participants will learn:

-criteria for goal setting.

-the value of accountability.

-how to handle obstacles.

Carolinas HealthCare System Employee Assistance Program (CHS EAP) is designed to help you and members of your family with all types of issues-marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. Whatever the problem, if you need help call CHS EAP at **704-355-5021** or **800-384-1097**.



Space is limited so please call
704-355-5021
for Reservations.

Presented by:

Carolinas HealthCare System



Employee Assistance Program

For your convenience this seminar will be held at multiple locations:

Albemarle

Stanly Regional Medical Center
Family and Education Center
January 8th, 2010
Noon -1:00 pm

Concord

CMC NorthEast
Hamrick Theater
January 21st, 2010
5:30 pm -6:30 pm

Shelby

Cleveland Regional Medical Center
Auditorium
February 8th, 2010
11:30 am -12:30 pm
or
12:45 pm – 1:45 pm

Webinar (Via the Internet)

February 17th, 2010
3:00 pm – 4:00 pm (EST)