

“Planning for Baby”



Carolinas HealthCare System Employee Assistance Program invites you to join us for a **free** seminar specifically created for individuals who are considering adding a child to the family.

Participants will learn:

- *tips for budgeting for baby.*
- *how to recognize caregiver burnout.*
- *strategies for maintaining a relationship with your partner or spouse.*
- *techniques to ensure a smooth transition before and after maternity leave.*



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

Carolinas HealthCare System



Employee Assistance Program



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

Concord

CMC Northeast
Medical Arts Buildings 1,2,3
July 1st, 2010
5:30 pm - 6:30 pm

Charlotte

CHS EAP Office
720 East Blvd.
July 6th, 2010
5:30 pm - 6:30 pm

Monroe

CHS EAP Office
2202-D West Roosevelt Blvd.
July 13th, 2010
5:30 pm - 6:30 pm

Albemarle

Stanly Regional Medical Center
Family Education Center-Magnolia A
July 20th, 2010
5:30 pm - 6:30 pm