



# 2013 BENEFITS

# THERE'S NO PLACE LIKE HOAG



## March 2013 - Employee Educational Seminars

### Health and Wellness

#### **Cigna Employee Assistance Program Telephonic Seminars**

##### **A Fresh Look at Healthy Eating**

Wednesday, March 13, 2013 11:00am–12:00pm Pre-register online at <http://ww4.premconf.com/webrsvp> confirmation code 8198640

Eating healthier may seem complicated, but it doesn't have to be. In this seminar we will get back to basics. You will learn simple ways to get balance into your meal choices and control portions. You'll get tips on changing patterns that lead to less healthy eating. And we'll review some key concepts that support weight loss.

##### **Today's Economy: Managing Financial Stress**

Wednesday, March 20, 2013 11:00am–12:00pm Pre-register online at <http://ww4.premconf.com/webrsvp> confirmation code 8198643

Bills, loan payments, unexpected expenses – for most of us, finances are a common source of stress. Today, with prices rising and worries about wages, many of us struggle to manage that stress. In this seminar, you'll learn what impact financial stress can have on you and your family. Discuss how to get your family to stick to a budget, review tips for stretching your dollar, and get advice on what to do if you're already falling behind on payments. And we'll share strategies for how to cope with your stress and stay healthy in spite of financial challenges.

#### **Sweet Life – Diabetes Education & Support**

##### **Spring Time Cooking**

Tuesday, March 19, 2013 5:30pm – 7:30pm Mary & Dick Allen Diabetes Center

Spring is in the air! Learn how to make fresh and healthy foods that will help maintain your blood glucose.

#### **Parents To Be Sessions**

Thursday, March 21, 2013 11:30am – 12:30pm Newport – Conference Center Room 1

Attend this seminar if you are you preparing for a new baby through birth, adoption or foster care to learn about Leave of Absence (LOA), State Disability, Paid Family Leave and how to coordinate your PTO while on LOA.