

**UNIVERSITY HOSPITALS**  
**EMPLOYEE ASSISTANCE PROGRAM**

**Brown Bag Schedule – 2011**

February 9	Kulas	Noon – 1PM	Budgeting for the New Year
February 24	Kulas	Noon – 1PM	Relationship Building: The Role of Boundaries
March 10	Kulas	Noon – 1PM	Childhood Bullying
March 24	Kulas	Noon – 1PM	Retirement Revolution
April 06	Kulas	Noon – 1PM	Mindfulness: Improving Patient Care; Workplace Experience
April 20	Kulas	Noon – 1PM	Understanding and Improving your Credit Score (CCCS)
May 04	Kulas	Noon – 1PM	The Science of Optimism – Fostering A “Can Do” Attitude
May 19	Kulas	Noon - 1PM	OCC: Energy Savings Tips
June 01	Kulas	Noon – 1PM	Personal Safety; Basic Self Defense & Safety Must Haves
June 16	Kulas	Noon – 1PM	Getting Fiscally Fit
July 7	RB&C	Noon – 1PM	Burnout; Compassion Fatigue
July 21	Kulas	Noon – 1PM	Too Much Paper! Lose 41 Lbs. This Year
August 03	Kulas	Noon – 1PM	Understanding and Resolving Common Relationship Problems
August 18	Kulas	Noon – 1PM	Effective Strategies for Reducing Credit Card Debt (CCCS)
September 07	Kulas	Noon - 1PM	Addiction and the Family
September 22	Kulas	Noon - 1PM	Emotional Intelligence in the Workplace
October 12	Kulas	Noon – 1PM	Stress and Mood Management
October 27	Kulas	Noon – 1PM	Investing Basics
November 09	Kulas	Noon – 1PM	What is the Geriatric Assessment?
November 30	Kulas	Noon – 1PM	Advance Directives: How to Direct your own Health Care even when Unconscious
December 14	Kulas	Noon – 1PM	Energy Healing and Alternative Therapies