Mindfulness for Mental Health
Eleanor Frank, EFAP

Thursday, May 4
Location: ED South, Room 113

Every time people interact, there is an opportunity to build or damage a relationship. Improving the quality of relationships in the workplace can enhance productivity and reduce conflict. This session will review three key tools that can build relationships, will provide coaching on how to use these tools effectively, and will assist participants in developing strategies to address relationship challenges.

Financial Planning for Retirement
Ron Graham, EFAP

Part 1: Tuesday, May 9
Part 2: Tuesday, May 16
Location: ED South, Room 113

This two-part presentation is aimed towards those in their mid-career stage (late 30’s to early 50’s; generally more than 10 years away from retirement). These sessions will provide some of the financial planning knowledge needed to reinforce the importance of planning now for retirement.

* You must be able to attend both sessions to register.