



EAP 2011 Fall Regional Workshops



STRATEGIES FOR BETTER HEALTH

Presented by **Gregory Anne Cox, Nutritionist, Chef, Corporate Wellness Coach**

Date: Wednesday, October 26, 2011
Time: 5:30 – 7:30PM
Place: Sherwood Instructional Support Center
15 Andrea Rd., Holbrook

RSVP by 10/19/11

The latest research shows that many of us are limiting our potential when it comes to a long and healthy life.

This workshop will address the following:

- Strategies to succeed in goals, including losing weight, getting healthy and living the life you dream of.
- Strategies to do daily in order to be healthy, happy and courageous in the face of office snacks.
- The one thing you can do to benefit all of you, head to toe, inside and out – which costs you nothing and pays you back one hundredfold.

LESS STRESS HOLIDAYS

Presented by **Donna Jaroslowsky, Certified Professional Organizer, Life Coach**

Date: Thursday, November 3, 2011
Time: 5:30 – 7:30 PM
Place: Half Hollow Hills Library, Dix Hills

RSVP by 10/27/11

This workshop will assist you in creating your own easy-to-follow customized plan that will ensure your holidays are the most organized ever. In addition, you will come away with many useful tips and ideas to make this holiday season stress-free and fun. Get organized so you can enjoy your holidays and have time to make special memories with friends and family.

Visit us at our website at: www.esboces.org/EAP

*Call to Register &
For Directions:*

Call: 631-289-0480



PERSONAL FINANCE 101

Presented by Vincent Pernice, Financial Coach

Date: Thursday, November 10, 2011
Time: 5:30 – 7:30 PM
Place: Riverhead Free Library

RSVP by 11/3/2011

RSVP by 11/25/2011

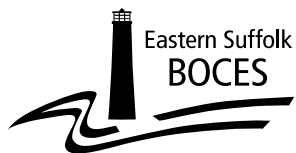
Date: Thursday, December 1, 2011
Time: 5:30 – 7:30 PM
Place: East Hampton Library

This workshop will focus on basic principles you need to build financial security. Do you want to lower your debt? Save for retirement? Understand how money works? Learn what the financial institutions are not teaching us about money. No one will take better care of your family's financial future than you... if you have the knowledge. It's never too soon or too late to take control.

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