



# EAP 2009 Fall Regional Workshops



## STRATEGIES FOR BETTER HEALTH

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

Date: Wednesday, October 28, 2009

Time: 7 - 8:30 PM

Place: Riverhead Free Library

**RSVP by 10/21/09**

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.

## THE BASICS OF SLEEP AND SLEEP DISORDERS

Presented by **Barbara L. Ludwig-Cull, PRSGT**

Date: Thursday, November 5, 2009

Time: 7 - 9 PM

Place: Sherwood Instructional Support Center  
15 Andrea Rd., Holbrook

**RSVP by 10/29/09**

This workshop will address information on:

- Sleep throughout our lifespan
- Common sleep problems including:
  - Insomnia
  - Snoring
  - Sleep Apnea

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**[www.esboces.org/EAP](http://www.esboces.org/EAP)**

**FOR DIRECTIONS**

**CALL TO REGISTER**  
**Call: (631) 289-0480**



## ACHIEVING SIMPLE HAPPINESS

Presented by Mary Ellen Romano, EAP Assistant Coordinator

Date: Thursday, November 12, 2009

Time: 7 – 9 PM

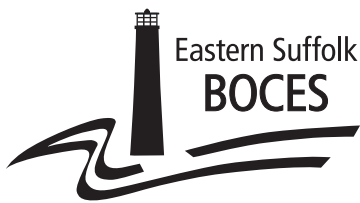
Place: Half Hollow Hills Library, Dix Hills

**RSVP by 11/05/09**

Discouragement, adversity and disappointment can affect our attitude and diminish our sense of peace and overall well-being.

This workshop will explore:

- How our thoughts play a major role in our mindset
- Strategies to guard against a destructive cycle of negativity



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Visit us at our website at:  
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