

2010 Recorded Telephone Seminar Schedule

Date	Presenter	Topic	Confirmation code
January 13		Embracing Optimism: Benefits for Mind and Body	937620
February 10		How Stress Affects Our Eating Behavior	239080
February 24		A Frank Discussion About Depression	130768
March 10		Make the Choice to Be Healthy	910610
March 24		How to Develop Healthy Habits in Your Children	496529
March 31		How to Develop Healthy Habits in Your Children (Spanish)	245969
April 14		Fitness Essentials	864896
May 12		Healthy Life Tips for Women	379626
May 19		Stress Management 101	602049
May 26		The Power of Initiative	223116
June 9		Healthy Life Tips for Men	325404
June 23		Sleep Well: How to Get a Good Night's Sleep	411904
July 14		Personal Safety	569432
August 11		Know Your Numbers: A Guide to Understanding Your Health Status	459885
September 8		Aging Gracefully: How to Maintain Your Health	112305
September 15		Caring for Aging Family Members (Spanish)	759328
October 13		Caring for Aging Family Members	261576
October 20		Partner Violence: Educating the Workplace	364409
November 10		Smoking Cessation	822581
November 17		Today's Economy: Planning for the Holiday	805702
December 8		Healthy Meal Planning	551155

To access the replay please dial 1.888.348.4629 and enter the passcode listed above in the seminar schedule. The seminars are available to listen to beginning at 4 pm ET/1 pm PT on the seminar date and are available for 10 days.

