



HEALTHY LIVING & WORKING 2021 WEBINAR SERIES SCHEDULE

Team Redstone's Employee Assistance Program in partnership with Army Community Service and Headquarters Army Material Command Surgeon Office has launched a monthly Healthy Living and Working Webinar Series highlighting different areas of interest impacting Team Redstone's workforce and their families. **This webinar series is free and designed to provide valuable information and tools to support healthy living and working in a virtual lunch & learn setting via Microsoft Teams.**

Projected Dates & Topics

January 26th

Make Your Dreams Come True:
Goal Setting

February 23rd

Credit 101

March 30th

Healthy Eating

April 27th

Scream Free Parenting

May 25th

Mental Health Awareness

June 29th

Communication is a Gift, Handle with Care

July 27th

Anger Management

August 31st

Are You Missing Pieces of the Puzzle?
Take the Guesswork Out of Problem Solving

September 28th

How to Help: Understanding Suicide

October 26th

Couples and Marriage Enrichment

November 30th

Financial Planning

To be added to this series mailing list and to be notified of other Learning Opportunities separate from this series please message:
usarmy.redstone.id-readiness.mbx.redstone-eap@mail.mil