

**Mark your Calendar for the following educational seminars being offered this year through your Employee & Student Assistance Program (ESAP) by The Wellness Corporation.**

**These are lunch and learn session, so feel free to bring your lunch!**



**February 9, Tuesday (from noon to 1pm)**  
**"Identity Theft," WHOI, Redfield Auditorium**

Several years ago, identity theft wasn't even a designated crime. Today, identity theft is a felony under the Federal Identity Theft and Assumption Deterrence Act of 1998 and ranks as the nation's top consumer fraud complaint, according to the Federal Trade Commission (FTC) in Washington, DC. In 2001, the FTC Identity Theft Data Clearinghouse, a help desk and law enforcement aid, received roughly 85,000 complaints of identity theft, surpassing all other categories of complaints. Today, the FTC receives more than 300,000 per year. This program reviews: a) how identity theft occurs, b) how to minimize your exposure/risk, c) how to share (or not) your personal information, and d) what you should do if you become a victim.



**April 8, Thursday (from noon to 1pm)**  
**"The Stresses of Caring for Elder Relatives," MBL, Candle House 104/105**

With the fastest growing segment of the population being the group over 85 years, more and more employees find they have added elder care responsibilities to their already full plates. This workshop provides an overview of the aging process and the varieties of resources available for the elderly. The focus then moves to help participants identify and manage the complex emotional issues and stresses associated with elder care giving while at the same time managing other parts of their lives.



**September 8, Wednesday (from noon to 1pm)**  
**"Preparing for Retirement," WHOI, Redfield Auditorium**

The decision about when to retire is often a difficult one, because retirement represents an important life transition and brings with it major concerns. Financial issues are the most obvious; however, social and emotional issues play an equally important role. We spend at least one-third of our adult lives working or involved with activities related to work. When that focus is gone, we suddenly have more time than we bargained for. Research has shown that people who don't plan for activities in retirement die much earlier than those who remain active and involved. We invite you to join us for a workshop and discussion about the social and emotional aspects of retirement.



**November 4, Thursday (from noon to 1pm)**  
**"How to Raise a Drug-Free Child," MBL, Candle House 104/105**

This program discusses how a child begins to use drugs, identifies commonly used drugs and drug paraphernalia, and describes the signs and symptoms of drug use. The program discusses options for confronting drug use in a child and sources for treatment and assistance.

For more information on these topics or any other topic of interest, please don't forget to visit the Wellness Corp at [www.wellnessworklife.com](http://www.wellnessworklife.com) or contact by phone at 1-800-828-6025