

# January, 2021

# W.E.L.L. EVENTS



**NUTRITIONAL COUNSELING** (one on one phone sessions)  
**MONDAYS & WEDNESDAYS** - Noon to 1:00 pm  
 Contact: [mwatson@whs.org](mailto:mwatson@whs.org) or via phone 724-250-6209

**POSITIVE REFRAMING** – Think about things realistically and from a point of optimism. Be present in the moment and reframe your year!  
 Program available online to YOU at your convenience! (EAP info below)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 <b>SAFETY MEETING</b> 10:00 am VIA PHONE  <i>INTERESTING IN JOINING....CALL HR</i>	15	16
17	MLK, Jr. Day-Holiday 18 	19	20 <b>NUTRITION COUNSELING</b> (1 on 1 sessions) <i>See Info above</i>	21	22	23
24	25 <b>TOBACCO CESSATION CLASSES</b> -see below Virtual or In Person Noon to 1 pm OR 5:30 to 6:30 pm	26	27 <b>NUTRITION COUNSELING</b> (1 on 1 sessions) <i>See Info above</i>	28	29 <b>NATIONAL PUZZLE DAY –</b> Improve your brain at lunch Do any kind of puzzle - crossword, jigsaw, Sudoku, word search- Pick one up FREE at Human Resources!	30
31						

**WEBSITE:** [www.washingtoneapsservices.com](http://www.washingtoneapsservices.com)  
**CLICK ON:** Work-Life in upper right corner  
**LOGIN:** wc  
**LEGAL & FINANCIAL CONSULTATIONS:**  
 1-877-337-9553  
**COUNSELING TOLL-FREE:** 1-800-EAP-LINK

### TOBACCO CESSATION CLASSES

**Group Support and a facilitator –**  
 You will pick a quit day; create a quit plan; meet with a registered dietician; practice stress management; and more!

**Register Online for free at:**  
[www.wrcameronwellness.org](http://www.wrcameronwellness.org)

### COMING NEXT MONTH:

### CELEBRATE HEART MONTH

Buy a “Heart” for a \$1.00 –  
 Proceeds benefit National Heart Association.

**Wear RED on Friday, February 5<sup>th</sup>!**