

# February, 2021

# W.E.L.L. EVENTS

**You are invited to a VIRTUAL session:  
GET TO KNOW  
YOUR EMPLOYEE ASSISTANCE PROGRAM**

**Thursday, February 11, 2021 at 8:00 am, noon or 4:00 pm ET.**

**All sessions are the same. Select the best time for you.**

Join the Zoom virtual session by either calling the number or clicking on the link below. Space is limited. Please join 10 minutes early to avoid technical issues.

NOTE: For security purposes, the room will be locked 5 minutes after the session begins and you will not be able to join after that time.

Zoom Link:

<https://us02web.zoom.us/j/84855850012?pwd=RC83QXV5Z0Zxc0xqcjlpZVnA1TXZkZz09>

Meeting ID: 848 5585 0012, Passcode: 615572

Dial by phone: 1-929-436-2866

*Washington*  
EAP SERVICES  
1-800-EAP-LINK



American Heart Association  
**Go Red**  
for women

ENJOY Some **HEART HEALTHY RECIPIES** this month – Log on to the Wellness section (of HR) on the County website.... You are sure to find a family favorite!

JOIN US FOR A VIRTUAL **WEAR RED DAY!** Tune in at 1:30 pm on Friday, February 5<sup>th</sup>. Zoom invitation will be sent to you upon request to HR Mail. Photo will be taken on big screen in Room 104.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>TOBACCO CESSATION CLASSES - CAMERON</b>	2 <b>GROUNDHOG DAY</b> <i>February 2nd</i> Want some Phil trivia? <i>Check it out on our Wellness Website!</i>	3 <b>WEDNESDAY WORD SEARCH PUZZLE:</b> <i>"Words starting with RED"</i>	4 <b>BUY A HEART!</b> <b>Red Silver Gold</b> CELEBRATE AMERICAN HEART MONTH	5  <b>Zoom Photo @ 1:30</b> <b>Details above... show your RED!</b>	6
7	8 <b>TOBACCO CESSATION CLASSES – CAMERON</b>  <b>WELCOME...New County Employees!!</b> <b>Orientation @ 9:00 am</b>	9 <b>NATIONAL PIZZA DAY!</b>  Dinner – Done! Also good for lunch & even breakfast!	10 <b>WEDNESDAY WORD SEARCH PUZZLE:</b> <i>"Things we Love"</i>	11 <b>SAFETY MEETING</b> Via teleconference 10:00 am <b>GET TO KNOW YOUR EAP....</b>	12 <b>BUY a HEART....</b> In Memory of a loved one...see your Well Ambassador or stop in H.R.	13
14 	15 <b>TOBACCO CESSATION CLASSES – CAMERON</b> 	16 <b>NATIONAL ALMOND DAY</b> Heart Healthy Snack...Stop in HR for a <b>FREE</b> sample!	17 <b>WEDNESDAY WORD SEARCH PUZZLE:</b> <i>"U.S. Presidents"</i>	18 JOIN IN Heart Healthy virtual <b>TABATA</b> workout –11:30 –Noon See Info on Flyer!  EAP ONLINE SEMINAR <i>"Setting Goals"</i>	19 <b>"JEANS DAY"</b> – Your donation today goes to the American Heart Association!	20
21	22 <b>TOBACCO CESSATION CLASSES- CAMERON</b>  <b>NATIONAL WALKING THE DOG DAY!</b> <i>Grab the leash &amp; go!</i>	23 EAP ONLINE Seminar <b>"Setting Goals"</b> Check it out - Log on at your convenience	24 <b>WEDNESDAY WORD SEARCH PUZZLE:</b> <i>"Famous Redheads"</i>	25 <b>HEART HEALTHY TABATA</b> at 11:30 Have some lunch-time fun!	26 <b>LAST DAY TO CONTRIBUTE TO AMERICAN HEART ASSOCIATION</b>	27
28						

WEBSITE: [www.washingtoneap.com](http://www.washingtoneap.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**

**MONDAYS–VIRTUAL or IN PERSON**

**Noon to 1:00 pm or 5:30 to 6:30 pm**

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 MDA MONTH –Buy a "Shamrock" for a \$1.00 – Proceeds benefit the Muscular Dystrophy Association.**

**Wear your GREEN on Wednesday, March 17<sup>th</sup>!**