



Best Care EAP completes the puzzle when it comes to Health and Wellness in the workplace.

Best Care 2008 Health & Wellness Seminars

Best Care EAP proudly announces our Health & Wellness Series of 2008. Wellness education and healthy life skills are now offered in 30 minute programs. The happiness and health of an organization begins today with your employees....

One thought at a time, one habit at a time, one life at a time

Daily Habits that Promote Healthy Living

Bagging Z's: How to Sleep Well in order to Live Well
Colds and Flu 101: Top Ten Healers on the Board
What You Need to Know about Ergonomics: Lets Get it Straight from the Experts
Quit Smoking for Good: Who said Quitters Never Win
Procrastination Prevention: Realize Why We Procrastinate /Learn Ways to Get Ahead

Priceless Prevention for Everyone

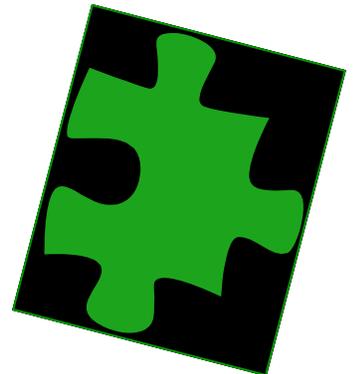
Putting Together a Personal Wellness Plan- That You Don't Hate
Finding Time to Exercise- After you Estimate Your Healthcare Savings
"Do I Have To?" Changing Your Attitudes about Exercise Will Change Your Life
What You Need To Know About Alternative Medicine
Keeping Your Heart Healthy: 5 Basic Tips that Promote Heart Health

Inspire the Mind Body Connection

Keeping Depression at Bay: Testimonies, Tips, and Tools that offer Hope
The Ten Commandments of Healthy Living
Holiday Hope: Family, Food, and Financial Finesse
Bust Stress Now! Pump up Your Emotional Intelligence and Chill Out
Relaxation Must: Hurry up and Relax With these Tips

Achieve Balance: Learn, Laugh, and Lunch Well

Smart Eating for Busy People
Weight Loss Basics
Live Long and Laugh: Amazing Facts
Just for You – Dealing with Women's Major Health Issues
Making Sense of the Nutritional Pyramid: Does it Still Matter?



Best Care EAP and You

Let Best Care help you incorporate Health & Wellness training opportunities in your organization today!

Call us at 402-354-8000 or 800-666-8606

Best Care
EMPLOYEE ASSISTANCE PROGRAM
