



Human Resource Services/Employee Benefits: Lunchtime Seminars October 2019

Wellness: A Laugh a Day

Presented by Kaiser Permanente

Thursday, October 17

Hall of Administration
Room 169
333 W. Santa Ana Blvd.
Santa Ana
12 — 1 p.m.



Have you heard the saying “Laughter is the best medicine”? Experts in pain management have known about the benefits of laughter for years – in fact, laughter is used in many hospitals to help patients manage pain. But, did you know that in addition to reducing pain, laughter also helps lower stress? Join us for a fun and informative presentation and learn how you can start using humor to help lower your stress right away.

All attendees will be entered into a drawing for a fitness tracker.

Employee Assistance Program: A Holiday Planning Guide

Presented by Aetna Resources for Living



Tuesday, October 22

WEBINAR
12—1 p.m.

To register go to www.mylifevalues.com

The holidays ought to be a special, fun time of year, but for many people, the pressure on their time and wallets takes away from the enjoyment of the season. Our presentation will show how planning ahead can help reduce financial stress. We'll also offer easy-to-follow tips about using technology to enhance your shopping experience. Join us as we give you some fresh ideas for creating an even better holiday experience!



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Defined Contribution Program: Enrollment Presented by Empower Retirement

Wednesday, October 23
Thursday, October 24

Hall of Administration
Room 169
333 W. Santa Ana Blvd.
Santa Ana

12—1 p.m.



Attend this seminar to learn useful information about the Program and the various plans you are eligible for, including the features and benefits of each of the plans. Also, learn about the various investment options, the available contribution types, plan fees and services and how to enroll.
