

EMPLOYEE ASSISTANCE PROGRAM

Seminar Schedule for 2011

◆ *All seminars are scheduled 10:00 – 11:30 AM (new time)*

JANUARY 2011

TOPIC: Coping with the Winter Blues

11	Martin	University of TN at Martin	538 University Street	Gooch Hall, Room 206
12	Memphis	State Office Building	170 Mid-America Mall	Conference Room, 2 nd Fl
13	Jackson	Lowell Thomas State Office	225 Martin L. King Blvd	Video Conf. Rm. 1, Tower B
26	Nashville	Dept. of Safety	1150 Foster Avenue	McCord Hall
14	Columbia	Maury County Health Dept	1909 Hampshire Pike	Education Room, 17
18	Johnson City	Environmental Field Office	2305 Silverdale Rd.	Large Conference Room
19	Knoxville	Regional Health Office	1522 Cherokee Trail	Room 234
20	Nashville	W.R. Snodgrass TN Tower	312 Rosa Parks Ave.	3 rd Fl, Multi- Media Rm
25	Chattanooga	U T Chattanooga	East 5 th Street	Univ. Center, Signal Mt Rm
27	Cookeville	TN Tech, Roaden University Center	1000 N. Dixie Avenue	Room 342

MARCH 2011

TOPIC: You Pick Contest!

1	Martin	University of TN at Martin	538 University Street	Gooch Hall, Room 206
2	Memphis	State Office Building	170 Mid-America Mall	Conference Room , 2 nd Fl
3	Jackson	Lowell Thomas State Office Building	225 Martin L. King Blvd.	Video Conf. Rm #1 Tower B
4	Columbia	Maury County Health Dept	1909 Hampshire Pike	Education Room 17
8	Johnson City	ETSU D. P. Culp Center	JL Seehorn Jr. Drive	The Forum 3 rd Fl
9	Knoxville	Environment & Conservation	3711 Middlebrook Pike	Large Conference Room
10	Murfreesboro	TN Tech Center at Murfreesboro	1303 Old Fort Parkway	Conference Room
15	Nashville	W. R. Snodgrass TN Towers	312 Rosa Parks Ave.	Multi Media Rm 3 rd Fl
15	Chattanooga	UT Chattanooga	East 5 th Street	Univ Center, Signal Mtn. Rm
17	Cookeville	TN Tech, Roaden University Center	1000 N. Dixie Ave	Room 342
22	Nashville	Metro Center, LWFD	220 French Landing Drive	Conference Room

MAY 2011

Topic: Balancing Daily Demands with Health and Wellness

3	Martin	University of TN at Martin	538 University Street	Gooch Hall, Room 206
4	Memphis	State Office Bldg	170 Mid America Mall	Conference Room , 2 nd Fl
5	Jackson	Lowell Thomas State Office Building	225 Martin L. King Blvd.	Video Conf. Rm 1, Tower B
6	Columbia	Maury County Health Dept	1909 Hampshire Pike	Education Room, 17
10	Johnson City	Environmental Field Office	2305 Silverdale Rd	Large Conference Room
11	Knoxville	Regional Health Office	1522 Cherokee Trail	Room 234
11	Nashville	Dept. of Safety	1150 Foster Ave.	McCord Hall
12	Murfreesboro	TN Technology Center at Murfreesboro	1303 Old Fort Parkway	Conference Room
17	Nashville	W.R. Snodgrass TN Tower	312 Rosa Parks Ave.	3 rd Fl. Multi-Media Room
18	Chattanooga	U.T. Chattanooga	East 5 th Street	Univ Ctr, Signal Mtn. Rm
19	Cookeville	TN Tech, Roaden University Center	1000 N. Dixie Ave.	Room 342

<p>Registration is required for all seminars by going on line at www.tn.gov/finance/ins/eap.html</p>

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Seminar Schedule for 2011

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JULY 2011

TOPIC: More than the Blues

11	Martin	University of TN at Martin	538 University Street	Gooch Hall, Room 206
12	Memphis	State Office Building	170 Mid-America Mall	Conference Room, 2 nd Fl
13	Jackson	Lowell Thomas State Office Building	225 Martin L. King Blvd	Viedo Conf Rm 1, Tower B
15	Nashville	W.R. Snodgrass TN Tower	312 Rosa Parks Ave.	3 rd Fl, Multi- Media Room
15	Columbia	Maury County Health Dept	1909 Hampshire Pike	Education Room, 17
19	Greeneville	Green Valley Developmental Center	4850 Andrew Johnson Hwy	Classroom #2
20	Knoxville	Environment & Conservation	3711 Middlebrook Pike	Large Conference Room
21	Murfreesboro	TN Tech Center at Murfreesboro	1303 Old Fort Parkway	Conference Room
26	Chattanooga	UT Chattanooga	East 5 th Street	Univ.Ctr Signal Mt Rm
14	Cookeville	TN Tech, Roaden University Center	1000 N. Dixie Avenue	Room 342
29	Nashville	Metro Center , LWFD	220 French Landing Drive	Conference Room

September 2011

Topic : Managing Stress in the Workplace for Employees

8	Martin	University of TN at Martin	538 University Street	Gooch Hall, Room 209
14	Memphis	State Office Building	170 Mid-America Mall	2 ND Fl, Conference Room
14	Jackson	Lowell Thomas State Office Bldg	225 Martin L. Bldg	Video Conf Rm 1, Tower B
15	Columbia	Maury County Health Dept	1909 Hampshire Pike	Education Room 17
20	Johnson City	ETSU D.P. Culp Center	JL Seehorn Jr. Drive	The Forum 3 rd Fl
20	Nashville	Dept. Safety	1150 Foster Ave.	McCord Hall
21	Knoxville	Regional Health Office	1522 Cherokee Trail	Room 234
22	Nashville	W.R. Snodgrass TN Tower.	312 Rosa Parks Ave.	3 rd Fl, Multi-Media Room
27	Murfreesboro	TN Technology Center at Murfreesboro	1303 Old Fort Pkwy	Conference Room
28	Chattanooga	UT Chattanooga	East 5 th Street	Univ Ctr, Lookout Mtn Rm
29	Cookeville	TN Tech, Roaden University Center	1000 N. Dixie Avenue	Room 342

NOVEMBER 2011

TOPIC: Achieving Work-Life “Fit”

1	Martin	University of TN at Martin	538 University Street	Gooch Hall, Room 206
2	Memphis	State Office Building	170 Mid-America Mall	Conference Room , 2 nd Fl
3	Jackson	Lowell Thomas State Office Building	225 Martin L. King Blvd.	Video Conf Rm 1, Tower B
8	Johnson City	Environmental Field Office	2305 Silverdale Rd.	Large Conference Room
8	Columbia	Maury County Health Dept.	1909 Hampshire Pike	Education Room 17
15	Nashville	W.R Snodgrass TN Tower	312 Rosa Parks Ave.	3 rd Fl, Multi-Media Room
15	Chattanooga	U. T. Chattanooga	Est 5 th Street	Univ Ctr, Lookout Mtn. Rm
17	Cookeville	TN Tech, Roaden University Center	1000 N. Dixie Ave.	Room 342
17	Nashville	Metro Center LWFD	220 French Landing	Conference Room
22	Knoxville	Environment & Conservation	3711 Middlebrook Pike	Large Conference Room

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