



INVITATION

DOES THE HOLIDAY SEASON MAKE YOU NERVOUS?

ARE FAMILY GATHERINGS TENSE OR MAKE YOU FEEL UNHAPPY?

DO YOU NEED SOME TIPS ON HOW TO MANAGE YOUR WORK LIFE BALANCE AND IMPROVE YOUR GENERAL HEALTH IN 2010?

You are invited to attend a one hour presentation, conducted by our EAP provider, Corporate Health Group.



The Christmas and New Year period is often portrayed as the 'happy holidays', however, it can be a particularly challenging time for many people. It can be a frantic period of organisation, travel and spending which leaves you exhausted for the commencement of the New Year. It could be a reminder that you did not accomplish all that you set out to in the year or a time to be around family where conflict can occur. It could also be a painful time when we reflect on the loss of loved ones.

The holiday season is also a time for reflection on our health, wellbeing and fitness. Many of us make a New Year resolution to 'get fit and healthy' but struggle to turn this goal into a reality.

During this session participants will receive information on supporting themselves and others and keeping realistic during the holiday season. Participants will also be given the opportunity to evaluate their own lifestyle and take some clear steps toward meaningful changes, particularly over the challenging Christmas and New Year period.

Session details:

Date	Campus	Time	Room
Tuesday 8 December 2009	North Tce Campus	1300 – 1400 hrs	Hughes Lecture Theatre (Level 3, Hughes Building)

RSVP by 07/12/2009

To assist us to determine numbers, it would be appreciated if you could confirm your attendance by email to Louise Dunn, HSW Specialist, Injury Management & Wellbeing (louise.dunn@adelaide.edu.au).

Further Information

Should you require any further information, please contact Louise on 8303 5904.