



First AdvantageSM

2005
Monthly Themes
First Advantage Workplace Services

January Wellness and You	February Anxiety Awareness	March Balanced Nutrition
April Substance Abuse Awareness	May Exercise at Home and at Work	June Stress-Free Summer
July Summer Safety	August Balancing Home and Work	September Financial Health
October Depression Awareness	November Holidays: Maintaining Wellness	December Goal Setting

Tipsheets will be sent each month. Training sessions are available per company request. We have a variety of trainings that complement the monthly theme.

*To learn more or to speak with an EAP professional, call 1.800.935.9551
The EAP is a voluntary, confidential assistance program available
24 hours a day, 7 days a week, 365 days a year, at no cost to employees.*