January - HSA's - Three Ways to Win
Health Savings Accounts offers three ways to win at savings and managing health care costs – A tax-advantaged way to manage your healthcare costs, increased choice over who you pay and how you pay for your services as well as a tax efficient tool for retirement savings. Learn how to manage your HSA to boost your savings.

Jan 10 12pm – Steve Hannan
https://ccainc.adobeconnect.com/e88e4opv863/event/registration.html

Jan 19th 4pm – Steve Hannan
https://ccainc.adobeconnect.com/e6psy2cei4l/event/registration.html

February - Sleep 101
In this seminar, you will learn the physical and mental benefits of a good night’s sleep, how to establish daily habits that promote sleep and learn ways to improve your sleep environment. We will discuss techniques for relaxation and dealing with insomnia.

Feb 14th 12pm – Carrie Gallagher
https://ccainc.adobeconnect.com/e9ouqy5e44b/event/registration.html

Feb 16th 4pm – Carrie Gallagher
https://ccainc.adobeconnect.com/e49w8g57zdm/event/registration.html

March - 401k Savings Fundamentals
The goal of this workshop is to provide participants with the fundamental understanding of the power of retirement savings and why it is so important to start saving now. Although these are the key topics, learning how to invest in 401(k) savings will not be such a daunting problem once you learn the fundamentals. By starting early in the plan, you will have the advantages of building up wealth accumulation for retirement. Finally, participants will receive information on resources.

March 14th 12pm – Elizabeth Thomas
https://ccainc.adobeconnect.com/e7kn5bm2wwb/event/registration.html

March 16th 4pm – Steve Hannan
https://ccainc.adobeconnect.com/e89gevm5uf2/event/registration.html
April - How to Speak with Your Physician
This seminar is necessary due to all of the changes anticipated in health care. Doctors really do not have adequate time to spend with every patient thus every second and minute with a physician counts. This seminar is designed to give patients a set of specific tools to optimize visits including pre-appointment preparation, communication during and after an appointment.

April 11th 12pm – Carrie Gallagher
https://ccainc.adobeconnect.com/e1krql2ob71/event/registration.html

April 20th 4pm – Carrie Gallagher
https://ccainc.adobeconnect.com/e9rou3v1iap/event/registration.html

May - Stress Reduction Tool Bag
How do you know you are stressed? Do you recognize the symptoms of stress? Explore the newest research, what experts are saying, about good and bad stress. Participants will gain the tools to manage stress including mindful communication.

May 9th 12pm – Michelle Zellner
https://ccainc.adobeconnect.com/e658t8r64a4/event/registration.html

May 18th 4pm - Michelle Zellner
https://ccainc.adobeconnect.com/e7foht9wk5p/event/registration.html

June - Eating for High Energy
This program offers tips for using food to energize you, discusses food a fuel, explores the benefits of healthy eating choices and identifies best foods. It also looks at power snacks and calories, determines the benefits of exercise and offers meal suggestions.

June 13 12pm – Ellen Martino
https://ccainc.adobeconnect.com/e4xaqfhvf23/event/registration.html

June 15th 4pm – Ellen Martino
https://ccainc.adobeconnect.com/e6oqnw88m92/event/registration.html

July - Elder Care 101
It’s not uncommon for one family member to be the sole caregiver for an older relative. This can lead to frustration as well as physical and emotional exhaustion. This seminar is designed to teach participants how to create a family approach to care giving. We will discuss how family dynamics and family history impact a family’s ability to work together as caregivers. Participants will learn strategies for problem solving and managing conflicts with siblings, other family members and older relatives.
July 11 12pm – Ellen Wilkinson  
https://ccainc.adobeconnect.com/e92it66i5fr/event/registration.html

July 20th 4pm – Ellen Wilkinson  
https://ccainc.adobeconnect.com/e2xoqx8vw5f/event/registration.html

August - Learning about Headaches
If you or a family member is a headache sufferer – you know how it can disrupt your work and life. This seminar will provide you with an overview of the types of headaches, what causes them and helpful ways to prevent and eliminate them.

August 8 12pm – Michelle Zellner  
https://ccainc.adobeconnect.com/e342g0ckcf7/event/registration.html

August 17th 4pm - Michelle Zellner  
https://ccainc.adobeconnect.com/e1mwayicnhn/event/registration.html

September - Resiliency for Working Parents
Today’s working parent needs to build resiliency in order to prevent burnout. This class will give you the tools to manage stress while maintaining a sense or work and family life balance.

Sept 12 12pm – Kim Barna  
https://ccainc.adobeconnect.com/e8ertsnaa5y/event/registration.html

Sept 21 4pm – Kim Barna  
https://ccainc.adobeconnect.com/e577rgpzxk2/event/registration.html

October - Overcoming Burnout
If you’re feeling overwhelmed by the pressures of everyday work life and home life, then this workshop focusing on the issues of burnout will help bring your life back into balance. Learn to identify the symptoms of burnout and explore strategies for coping with and avoiding burnout.

Oct 10th 12pm – Ellen Wilkinson  
https://ccainc.adobeconnect.com/e7u7oyqgh8az/event/registration.html

Oct 19th 4pm – Ellen Wilkinson  
https://ccainc.adobeconnect.com/e35u8z50bw4/event/registration.html
November - Health and Well Being in the Workplace
Discover how to enhance your health, well-being, and productivity by relieving stress with simple relaxation techniques. Explore ergonomics and learn how to prevent on-the-job injuries from lifting, repetitive stress (such as carpal tunnel syndrome), and computer-related injuries (headache, eyestrain, and back pain). The discussion will include work-life balance, how to establish priorities, and the importance of healthy eating and regular exercise.

Nov. 14th 12pm – Shani Douglas
https://ccainc.adobeconnect.com/e84uirwgu9j/event/registration.html

Nov 16th 4pm - Shani Douglas
https://ccainc.adobeconnect.com/e57kiux7if2/event/registration.html

December - Healthy Tips for Business Travel
Do you love or loathe business travel, or are you somewhere in between? In this program participants will identify things to prepare ahead of time, determine how to avoid unhealthy temptations, explore how to incorporate exercise, sleep and healthy good choices into business travel, and examine both hazards and best practices.

Dec 5th 12pm – Shani Douglas
https://ccainc.adobeconnect.com/e25omtp6g9f/event/registration.html

Dec 14th 4pm - Shani Douglas
https://ccainc.adobeconnect.com/e8hyocantl9/event/registration.html