

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Total Transformation: A Parent's Program for Managing Behaviors in Children Class Series

Aug 3rd through Sept 28th
(Every Friday): Noon-1:30pm
2817 Cattlemen Road, Conf Rm B

The Total Transformation program is designed to help parents become more effective at teaching their children the problem-solving skills they need in order to make progress in life. Struggling with a child's behavioral difficulties can feel isolating, frustrating and embarrassing for parents. This program, with the aid of Mike Boccia, PhD- retired clinical psychologist, will empower parents with the knowledge and skills to recognize their influence, as a parent, in their child's behavior and learn more effective parenting skills. These classes are not limited to parents whose children have challenging or disruptive behavior but are also for parents who want to learn skills to prevent their child's development of such behavioral issues.

This class is 8 weeks in length and has a workbook, 7 CD's (audio) and 2 DVD's.



Register on TRAC Course Code: 1FIT3071

<http://www.thetotaltransformation.com/TheProgram.aspx>

Health & Stress Management Classes

**It's in the Attitude:
Productivity & Attitude**
Admin Training Room, 9am-10am
07/25/07, 1FIT3075

Establishing Bedtime Routines that Work
Twin Lakes Park, Room A, 3pm-4pm
07/26/07, 1FIT3067

Enjoying Your Empty Nest
BOB Bldg., Large Training Room, 3pm-4pm
07/30/07, 1FIT3068

Register on TRAC for all classes or email adeem@scgov.net

Now is a Great Time to Start on a Healthier You!

Get fit and save with preferred membership rates at over 2,000 fitness clubs across the country through our Fitness Program, with services provided by GlobalFit™.

With GlobalFit's Commit membership option (that is, 48-weeks), you can:

- Commit to a healthier you and save 50 percent off the one-time activation fee.

Call GlobalFit, toll free at **800-298-7800** to join a fitness club with family members, and you can all join for a single activation fee through GlobalFit, you can also choose:

- A Non-Commit membership option (that is, month-to-month)
- Weight-loss programs
- Home fitness options
- Professional, one-on-one health coaching

It's easy to enroll, so get started today: Log onto to [Aetna Navigator](#) and visit our [Fitness Program](#) page for more information about the programs and services offered through GlobalFit.