



The Arkansas Healthy Employee Lifestyle Program (AHELP) has initiated a “Health Education Webinar” component for 2015. If you attend one of the following Webinars via the internet or during an agency event, you will be entitled to earn 5 AHELP points for each scheduled event up to 4 times this year. This is a maximum of 20 points earned for Health Education in 2015. After you have attended an event log-in to AHELP (<https://www.ahelp.arkansas.gov/>) →Click on the Participant icon →Go to Yearly Activity Entry Page →Click the “Yes” on the dropdown box to earn 5 points for each Webinar that you attended.

2015 Training Topic and Date	Registration Links
<p align="center"><b><i>Developing Will Power and Self Control to Change Behavior</i></b> <b><i>Friday, January 30</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>The Confident You: Taking Charge of Your Life</i></b> <b><i>Friday, February 20</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Being Accountable in Work and Life</i></b> <b><i>Friday, March 20</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Mindfulness: Being Present in Your Work and Life</i></b> <b><i>Friday, April 17</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Loving...You: Boosting Self Esteem and Acceptance</i></b> <b><i>Friday, May 15</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>

2015 Training Topic and Date	Registration Links
<p align="center"><b><i>The Impact of Attitude on Work and Life</i></b>  <b><i>Friday, June 19</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Connecting Mind and Body for Healthy Living</i></b>  <b><i>Friday, July 17</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Running on E: Adding Energy and Passion to Your Work and Life</i></b>  <b><i>Friday, August 21</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Sleep: An Essential Component of Health and Well-Being</i></b>  <b><i>Friday, September 18</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Balancing Work and Life</i></b>  <b><i>Friday, October 16</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Managing Holiday Stress</i></b>  <b><i>Friday, November 20</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>
<p align="center"><b><i>Stress: A Way of Life or A Fact of Life</i></b>  <b><i>Friday, December 18</i></b></p>	<p align="center"><a href="#">Register for 12pm-1pm CT</a></p>