**Upcoming KEPRO Workshops**

**Updated 4/29/2022**

**January**

**Topic: Handling Family Crisis**

**Date/Time:** 1/26/2022 12:00 PM, American/ Chicago

**Session Description**

Handling Family Crisis For those who may be going through a family crisis or simply want to prepare, this class will cover how to manage expectations and guilt. Learn how to cope with financial challenges and what to expect during transition times. This class can also be geared toward managers supporting employees going through a family crisis**.**

[**Click Here to Watch the Recording**](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/8f4fafcb60fb103ab7e306df05279b56/playback)

**February**

**Topic**: **Grief, Dying and Death**

**Date/Time**: 2/23/2022 12:00 PM, America/Chicago

**Session Description**

This workshop is meant to be a thoughtful and compassionate seminar that helps people talk and deal with a topic that's not often discussed. For many of us, this can be a very confusing time in our lives when we lose someone close to us and we don't have a lot of experience with it. This is a session where people can share, explore and educate themselves on ways of coping with their grief

[Click Here to Watch Recording](https://bli-meetings.webex.com/recordingservice/sites/blimeetings/recording/8d56a9b17700103abfd30a41b3de09f8/playback)

**March**

**Topic**: **Embracing Happiness Workshop**

**Date/Time**: 03/ 9/ 2022 12:00 PM, American/Chicago

**Session Description**

Often times, things in life can get so busy, we forget to check in and see how we are doing. We need to stop from time to time and evaluate our own mental health. Are we anxious all the time, sleeping well at night, overeating or under eating? This class will provide you with the opportunity to remind yourself to run through a mental health check list to evaluate both your emotional and physical wellbeing; ultimately helping participants find the help they might need.

[**Click Here to Watch the Recording**](https://bli-meetings.webex.com/recordingservice/sites/bli-meetings/recording/165255ec8201103aae3b6e9a66dced3a/playback)

**April**

**Topic: Alternative Medicine: Fact or Fiction
Date/Time:**4/22/2022 12:00 PM, America/Chicago

**Session Description:**
Learn the basics of the most commonly utilized alternative healing arts, including chiropractic, homeopathy, herbal and Chinese medicines, naturopathy, acupuncture and therapeutic massage. See how these healing modalities can contribute to and enhance your overall health and wellness.

[Click Here to Watch the Recording](https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=ff8743ededde80c82b9ddf9e73654d56)

**May**

**Topic: Eating Right on the Run and on a Budget**
**Date/Time:**5/25/2022 12:00 PM, America/Chicago

[**Click Here to Watch**](https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=e8abf02a5fb1b3054c230334e7df636d) **the Recording**

**Session Description:**
We all make excuses for eating "junk or "fast" food. This seminar will cover realistic strategies that will allow us to eat well without breaking the bank. There are many options and knowing the truth empowers us to make the right choices for our health, and even our wealth. Learn the basics of eating healthy within your financial means, including when to select organic foods.

**June**

**Topic: Workday Workouts**
**Date/Time:**6/22/2022 12:00 PM, America/Chicago

**[Click Here to Watch the Recording](https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=d5501fba988a92e537908ae9ab7bb718)**

**Session Description:**
The objective of this class is to help understand why exercise is vital and how to easily make it a part of your daily life. We will cover why eating nutritiously is just as important as sweating often, and participants will learn some things they can do throughout the workday, to stay fit.

**July**

**Topic: Eﬀective Performance Appraisals**
**Date/Time:**7/22/2022 12:00 PM, America/Chicago

**[Click Here to Watch the Recording](https://bli-meetings.webex.com/bli-meetings/lsr.php?RCID=b9329090950a10373c17987761011dd2)**

**Session Description:**
Delivering a performance appraisal can be as intimidating for a manager as it is for the employee. The goal should be to not only document and evaluate the employee's performance, but also set goals for growth and allow for an open and honest dialogue about expectations.

**August**

**Topic: How to Speak with Your Physician**
**Date/Time:**8/24/2022 12:00 PM, America/Chicago

[**Click Here to Attend**](https://bli-meetings.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=bli-meetings&service=6&rnd=0.09991334227267679&main_url=https%3A%2F%2Fbli-meetings.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b00000005021ef94108ffebb5d45d277ac85e4f92957dc892f68d921331f876055e8b586b%26siteurl%3Dbli-meetings%26confViewID%3D220032199824553280%26encryptTicket%3DSDJTSwAAAAXCF21fNOQwBdQu7liKxt6RB9ZD-6nb8x7nMGa3MI2h4A2%26)

**Session Description:**
This seminar is necessary due to all of the changes happening in healthcare today. Doctors have very little time to spend with patients, thus, every minute you spend with a physician truly counts. This seminar is designed to give patients a set of specific tools to optimize visits, including pre-appointment preparation and communication during and after an appointment.

**September**

**Topic: Teen Suicide Prevention**
**Date/Time:**9/7/2022 12:00 PM, America/Chicago

[**Click Here to Attend**](https://bli-meetings.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=bli-meetings&service=6&rnd=0.09991334227267679&main_url=https%3A%2F%2Fbli-meetings.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b00000005021ef94108ffebb5d45d277ac85e4f92957dc892f68d921331f876055e8b586b%26siteurl%3Dbli-meetings%26confViewID%3D220032199824553280%26encryptTicket%3DSDJTSwAAAAXCF21fNOQwBdQu7liKxt6RB9ZD-6nb8x7nMGa3MI2h4A2%26)

**Session Description:**
13 Reasons Why was a 2017 Netflix series that was based on the book by Jay Asher. The series has become increasingly popular, but has raised major concerns from the mental health community, around the topic of suicide. To some, the series portrays suicide in an irresponsible and dangerous manner. To others, the shows suicide as a romanticized notion of "speaking from the grave," to incite blame and revenge. Educational opportunities to teach youth about depression, help, resources and treatment are glaringly absent. Adults are portrayed as preoccupied and out of touch. Rape, bullying, accidents, and alcohol are included, as well as a very graphic depiction of the suicide. Without adult supervision, these themes can be diﬃcult for youth to process and put youth with a history of depression at an increased risk. This series should only be watched with adult supervision. There is a fear among the mental health community that the program may lead to a suicide contagion of copy-cat behavior without full awareness of the finality of death. The show has produced an increase in dialog around depression and suicidal warning signs. We will discuss these issues and more.

**October**

**Topic: Lightening Your Life with Laughter**
**Date/Time:**10/24/2022 12:00 PM, America/Chicago

[Click Here to Attend](https://bli-meetings.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=bli-meetings&service=6&rnd=0.5286398026731919&main_url=https%3A%2F%2Fbli-meetings.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b0000000536010f1ed8880f443b06492e3aca3efb67133ef629713109818e37ab839cd098%26siteurl%3Dbli-meetings%26confViewID%3D220298654879102458%26encryptTicket%3DSDJTSwAAAAUe_-B2WjRUGRAh-_5mTqNlQvKvnXvry3e47Ut5oOqEMw2%26)

**Session Description:**
This informative and enjoyable workshop shares proven techniques for using laughter to reduce stress in your life. The history, practices and beliefs of this therapy as well as how to become more positive, will be explored. This seminar reminds participants about the wonderful energizer called laughter, with its many therapeutic benefits, including looking at life in a way that takes some of the stress out of it.

**November**

**Topic: Holiday Budgeting
Date/Time:**11/16/2022 12:00 PM, America/Chicago

[Click Here to Attend](https://bli-meetings.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=bli-meetings&service=6&rnd=0.49711168281792295&main_url=https%3A%2F%2Fbli-meetings.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b000000057a2e69fe38b577bc24e696008c5753de0de4f378e6548753573d835d75430049%26siteurl%3Dbli-meetings%26confViewID%3D220297042909508963%26encryptTicket%3DSDJTSwAAAAV0tBbKOKxDgT5Dwiqs7vYlrSV3hfNT9RYsCUILYcUj7Q2%26)

**Session Description:**

We may have our finances under control during the year, but holidays can seriously send spending out of control. This class will help you avoid waking up on January 2 thinking, "how could I have spent and eaten that much!?" This motivational class teaches a skill set to keep the holidays in balance, financially.

**December**

**Topic: New Years' Resolutions**
**Date/Time:**12/7/2022 12:00 PM, America/Chicago

[Click Here to Attend](https://bli-meetings.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=bli-meetings&service=6&rnd=0.9358333530105258&main_url=https%3A%2F%2Fbli-meetings.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b000000050e1fefbceec62a666b70271a94887b7b98ccf4d358a16232a972e49e4ff5e608%26siteurl%3Dbli-meetings%26confViewID%3D220319305405871337%26encryptTicket%3DSDJTSwAAAAX2SX7sRkA_tWlOgaL8S1tnCba-eGSnMcrZrumF55OK5A2%26)

**Session Description:**
Even though this class is meant for January 1 - everyday can be like January 1! This is a fact-filled class about resolutions that, when done properly, can truly change our lives. This seminar oﬀers help, encouragement and guidance. The class is meant to be extremely interactive and participatory.