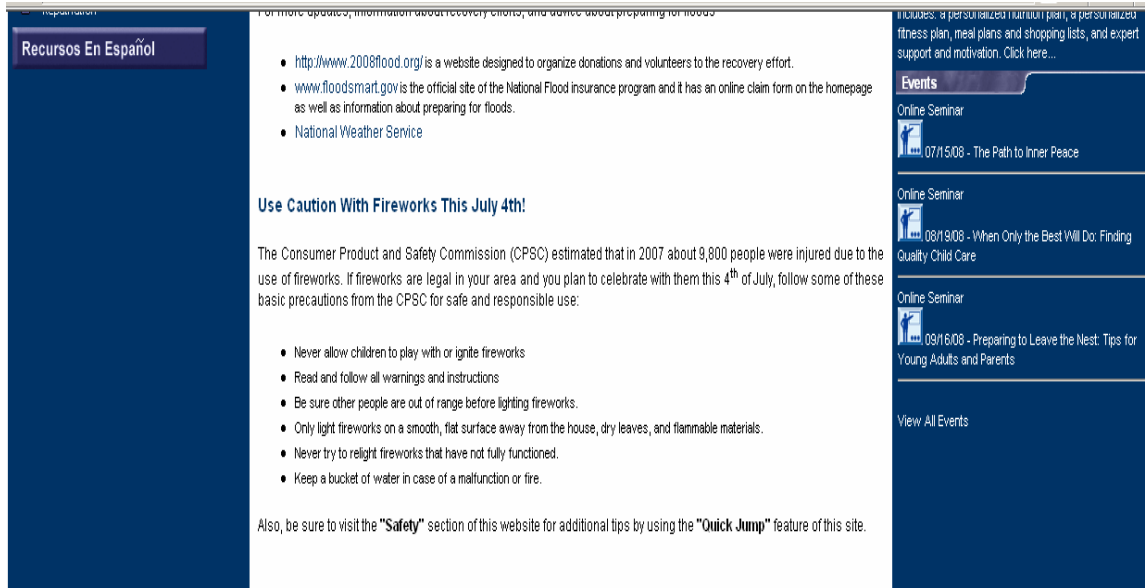


## Registering for Webinars:

To register for all 2008 Webinars (July through December), please click on the Webinar you wish to attend under “Events” on the lower right side of the TLC home page (see below):



Recursos En Español

- <http://www.2008flood.org/> is a website designed to organize donations and volunteers to the recovery effort.
- [www.floodsmart.gov](http://www.floodsmart.gov/) is the official site of the National Flood insurance program and it has an online claim form on the homepage as well as information about preparing for floods.
- National Weather Service

### Use Caution With Fireworks This July 4th!

The Consumer Product and Safety Commission (CPSC) estimated that in 2007 about 9,800 people were injured due to the use of fireworks. If fireworks are legal in your area and you plan to celebrate with them this 4<sup>th</sup> of July, follow some of these basic precautions from the CPSC for safe and responsible use:

- Never allow children to play with or ignite fireworks
- Read and follow all warnings and instructions
- Be sure other people are out of range before lighting fireworks.
- Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
- Never try to relight fireworks that have not fully functioned.
- Keep a bucket of water in case of a malfunction or fire.

Also, be sure to visit the “**Safety**” section of this website for additional tips by using the “**Quick Jump**” feature of this site.

Includes: a personalized nutrition plan, a personalized fitness plan, meal plans and shopping lists, and expert support and motivation. Click here...

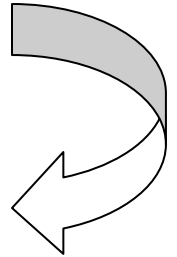
### Events

Online Seminar  
07/15/08 - The Path to Inner Peace

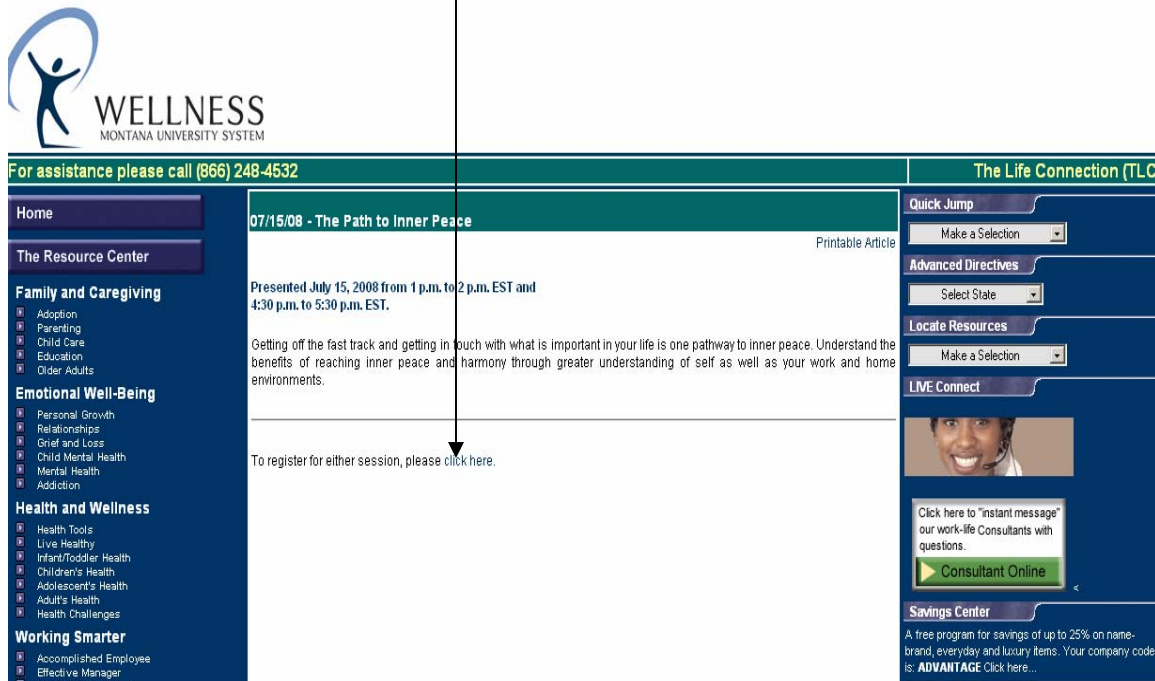
Online Seminar  
08/19/08 - When Only the Best Will Do: Finding Quality Child Care

Online Seminar  
09/16/08 - Preparing to Leave the Nest: Tips for Young Adults and Parents

[View All Events](#)



You will then be prompted to “**Click here**” to register for either available session, in the next screen:



**WELLNESS**  
MONTANA UNIVERSITY SYSTEM

For assistance please call (866) 248-4532

The Life Connection (TLC)

### 07/15/08 - The Path to Inner Peace

Printable Article

Presented July 15, 2008 from 1 p.m. to 2 p.m. EST and 4:30 p.m. to 5:30 p.m. EST.


Getting off the fast track and getting in touch with what is important in your life is one pathway to inner peace. Understand the benefits of reaching inner peace and harmony through greater understanding of self as well as your work and home environments.

To register for either session, please [click here](#).

Quick Jump  
Make a Selection

Advanced Directives  
Select State

Locate Resources  
Make a Selection

LIVE Connect  


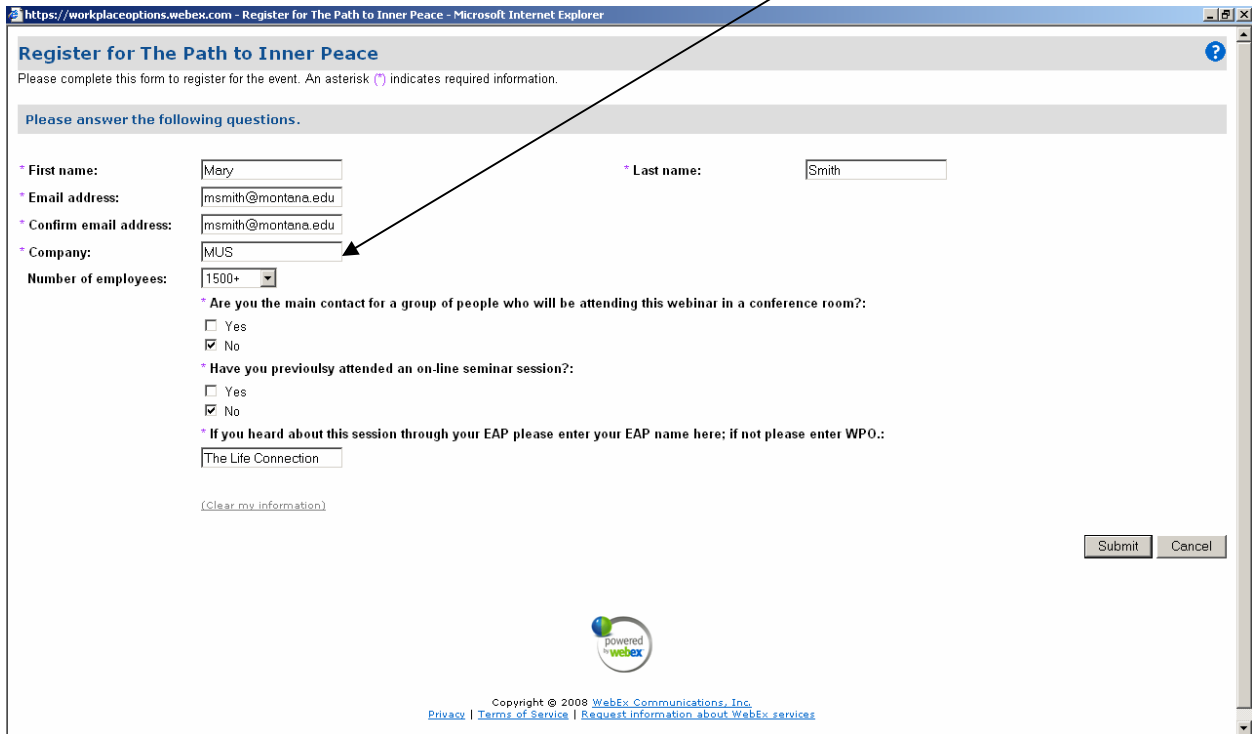
Click here to “instant message” our work-life Consultants with questions.  
[Consultant Online](#)

Savings Center  
A free program for savings of up to 25% on name-brand, everyday and luxury items. Your company code is: **ADVANTAGE** Click here...

Next, select the time you would like to attend the Webinar and click “Register” on the lower left side of the page:



You will be prompted to complete a brief registration. Enter **MUS** in the “Company” field:



Now, you're ready to participate – don't forget to mark your calendars (please note that the time given for the Webinars online is Eastern Standard Time)! You will be sent a confirmation via email.

https://workplaceoptions.webex.com - Workplace Options WebEx Enterprise Site - Microsoft Internet Explorer

# Welcome to the e-learning center

## Registration Confirmed

Thank you for registering.

You are now registered for the event: **The Path to Inner Peace**

You will receive a confirmation email message that contains detailed information about joining the event.


The event will start at 1:00 pm Eastern DT on July 15, 2008.  
Please join the event on time.

[Done](#)

### Set Up WebEx Event Manager

To participate in fully interactive events, please click [here](#) for setting up Event Manager on this computer.

The playback of UCF (Universal Communications Format) rich media files requires appropriate players. To view this type of rich media files in the event, please check whether you have the players installed on your computer by going to [Verify Rich Media Players](#).

  
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\*Remember that you do not need to register for any of the Webinars in our archives (prior to July 2008). Simply click on “View All Events” – in the Events section – and a list will be displayed.

- Family and caregiving
  - Adoption
  - Parenting
  - Child Care
  - Education
  - Older Adults
- Emotional Well-Being
  - Personal Growth
  - Relationships
  - Grief and Loss
  - Child Mental Health
  - Mental Health
  - Addiction
- Health and Wellness
  - Health Tools
  - Live Healthy
  - Infant/Toddler Health
  - Children's Health
  - Adolescent's Health
  - Adult's Health
  - Health Challenges
- Working Smarter
  - Accomplished Employee
  - Effective Manager
  - Career Development
  - Career Transitions
  - Training Development
  - Workplace Diversity
  - Workplace Productivity
  - Workplace Safety
  - Workplace Stress
- Daily Living
  - Automotive
  - Home Improvement
  - Moving
  - Financial
  - Legal
  - Concierge Desk
  - Safety
  - Pets
  - Travel/Recreation
  - Volunteers
  - Government
  - Consumer Tips
  - Fraud/Theft
- International
  - Immigration to the U.S.

### Events

2008 Events - (Register for Upcoming Events or View Archives)

12 document(s) found

-  12/16/08 - Making a Difference: Volunteering for a Lifetime
-  [11/18/08 - Practical Strategies in Caring for a Loved One With Alzheimer's/Dementia](#)
-  10/21/08 - 10 Steps to Creating a Great Place to Work (Managers)
-  09/16/08 - Preparing to Leave the Nest: Tips for Young Adults and Parents
-  08/19/08 - When Only the Best Will Do: Finding Quality Child Care
-  07/15/08 - The Path to Inner Peace
-  06/17/08 - Getting Your Affairs In Order: Five Essential Documents (ARCHIVE)
-  05/20/08 - Your Second Shift: Working and Caregiving (ARCHIVE)
-  04/15/08 - Fun and Fitness: Get Your Children Energized (ARCHIVE)
-  03/18/08 - Plan Your Dream Vacation on a Budget (ARCHIVE)
-  02/19/08 - Relationships: 10 Little Things That Make a Big Difference (ARCHIVE)
-  01/15/08 - Your Routine Financial Check-Up - ARCHIVE

[Back to top](#)


2007 Events ([Archives](#))  
 2006 Events ([Archives](#))  
 2005 Events ([Archives](#))

**Locate Resources**

Make a Selection

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**LIVE Connect**



Click here to "instant message" our work-life Consultants with questions.

[Consultant Online](#)

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**Savings Center**

A free program for savings of up to 25% on name-brand, everyday and luxury items. Your company code is: **ADVANTAGE** Click here...

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**Learning Center**

Life Lessons to improve your mental and physical health, and relationships at work and at home. Listen, read, assess and make plans using the information and interactive tools here. Click here...


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**Relocation Center**

Get inside information on a community. Lists the schools, hospitals and places of worship near you. Provides statistics on crime rates, cost and types of housing, age, income and more. Click here...

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**Wellness Center**



**Start Losing Weight Now!**