

# Employee Assistance Programs Wellness Resources

*The employee assistance programs listed below can provide training for employees, supervisors and managers for client companies as part of their EAP program services. In addition, they may provide training for organizations which are not currently under contract for a fee. Arrangements must be made with the individual employee assistance program for any services.*



## Medcenter One

Employment Assistance Program  
Health & Wellness Coordinator  
(701) 323-8879  
1(866)-310-5222 ext. 8879

### Wellness Options

- **Fitness Testing Consultation**  
A personal trainer completes a fitness assessment to include aerobic capacity, body composition, flexibility, muscular strength. You then receive an explanation of results and a recommended routine for better health. Available in Bismarck, Dickinson, Fargo and Standing Rock.
- **Health Wellness Online at [www.medcenterone.com](http://www.medcenterone.com)**  
The web site provides detailed and reliable information on thousands of illnesses, medications, drug interactions & side effects, medical tests and procedures. You can also complete a free health profile and record/monitor personal medical information. There are also many assessments on topics ranging from healthy eating to depression. There's even a section on quitting tobacco use.
- **Presentations available:**  
Yoga  
Lowering Your Blood Pressure  
Diet & Nutrition  
Reducing Stress  
Women's Heart Advantage  
Exercise to Fit into Daily Living  
Sleep Disorders  
Recognizing Depression  
Signs/Symptoms of Drug & Alcohol Usage  
\*Presentations can be tailored to the interests of your group. Please call for more information.
- **Discounted Prices for Worksite Wellness Consultation and services**
- **Wellness Screenings: Cholesterol, Glucose, etc.**  
Health Fairs with interactive



**St. Alexius**  
**Employee Assistance Program**  
**PrimeCare**

**Paul Millner, Director**

**530-7195 or 1 (800) 327-7195**

- \_\_\_ Creating a Positive Work Environment
- \_\_\_ Stress Management
- \_\_\_ Dealing with Depression
- \_\_\_ Developing Positive Self-esteem
- \_\_\_ Enhancing your Morale
- \_\_\_ The Pressure Cooker Syndrome
- \_\_\_ Achieve your Personal Balance
- \_\_\_ Managing Stress & the Holidays
- \_\_\_ Sign & Symptoms of Job Stress and Burn out
- \_\_\_ Physical Impact of Alcoholism
- \_\_\_ Addiction & the Family
- \_\_\_ Substance Abuse: What it is and Why it Exists
- \_\_\_ Designer Drugs
- \_\_\_ Prescription Drug Abuse
- \_\_\_ The Frantic Family Syndrome\*
- \_\_\_ Making the Most of the Holidays
- \_\_\_ Dealing with Change
- \_\_\_ Why Marriages Succeed
- \_\_\_ Improving Relationships
- \_\_\_ Preparation for Retirement
- \_\_\_ Battling Workplace Violence
- \_\_\_ Responding to Grief & Death in the Workplace



Contact Chris Volmer at 800-627-8220, ext. 5030  
or [cvolmer@thevillagefamily.org](mailto:cvolmer@thevillagefamily.org).

- \_\_\_ Life/Work Balance
- \_\_\_ Coping With Change
- \_\_\_ Managing Stress
- \_\_\_ Conflict Resolution
- \_\_\_ Building a Positive Attitude
- \_\_\_ The Juggling Professional – Creating a Balance of Work/Home Life
- \_\_\_ Shape Shifters – Professionals Coping with Constant Change
- \_\_\_ Planning and Navigating Change in Teams and throughout the Organization
- \_\_\_ Beat the Clock – Enhancement of Time and Stress Management Skills
- \_\_\_ Preparing for Retirement – Mentally, Physically, and Emotionally
- \_\_\_ Money Sense – Financial Preparedness
- \_\_\_ Don't Worry, Be Happy – Building a Positive Attitude at Work
- \_\_\_ Overcoming Negative Attitudes and Behaviors in the Workplace
- \_\_\_ He Said, She Said – Improving Cross Gender Communications
- \_\_\_ Want More Happy Holidays? – Ways to Manage Holiday Stress
- \_\_\_ CISM – Responding to critical incidents at work through stages of grief
- \_\_\_ Drinker's check-up – Addressing Alcoholism

\*The Village EAP is able to customize trainings to fit each organizations needs and requests.