

EMPLOYEE BENEFITS

Western Financial Group Insurance Solutions



LifeSpeak On Demand

Work. Learn. Thrive. Anywhere. Anytime.
Available September 1, 2011

Shepell·fgi

To support you in your efforts to thrive both at work and at home, we are thrilled to announce that **Sobeys National Franchise Benefits Plan**, via our EAP provider Shepell.fgi, has partnered with LifeSpeak Inc. to introduce **LifeSpeak On Demand**, an innovative online library of streaming video trainings.

These videos can be viewed 24 hours a day, 7 days a week, from work or home, and deliver high quality information from acclaimed North American experts on a wide variety of topics.

Sobeys is offering all members of the Sobeys National Franchise Benefits Plan, and their family members, the complete LifeSpeak On Demand series, which features both English-language and French-language volumes on a wide variety of health, wellness, family and communication topics.

Some of the topics offered in the LifeSpeak On Demand library are:

- Having Difficult Conversations with Confidence
- Fitness Strategies for Busy Employees
- Addiction 101
- Diabetes 101
- A Primer On Sleep
- Couples Relationships
- Democratic Parenting
- Caring, Coping and not Collapsing

Along with the videos, you can access an online tip sheet featuring practical information, tips and strategies related to each topic. We encourage you to view the videos and to share them with your immediate family members at home.

You can access LifeSpeak On Demand by logging onto: <http://shepellfgi.lifespeak.com>

- **User Name:** assistance
- **Password:** lifespeak

Once you are logged into the LifeSpeak On Demand library, you can also sign up for **LifeSpeak 2.0 – Ask the Expert**, a monthly LifeSpeak-moderated web chat with a renowned expert. This is an online tool to get your own questions answered from a subject-matter leader.

Plan Administrator

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