The iCan program is brought to you free by Ball State University and it's completely confidential. There are no group meetings, no pressure — just the personal support you need. To participate in these programs, contact Jenni Flanagan at 285-3023 or email her at jennifer.r.flanagan@ceridian.com.

iCanChange

12 month Weight Management Program - helps individuals achieve moderate weight loss goals.

iCanQuit

12 month tobacco cessation program - helps people quit using tobacco.

iCanRelax

6 month Stress Management Program - focuses on workplace stress; specifically managing change in the workplace, time management, and relationships with co- workers and supervisors.

iCanThrive

12 month cardiovascular health program - helps individuals lower their risk factors for heart disease, specifically high cholesterol, high blood pressure, and diabetes while focusing on lifestyle changes.

General Health - 6 month program to review Life Health Assessment results and create a wellness plan