

2020 CALENDAR

Healthy at Work & at Home!

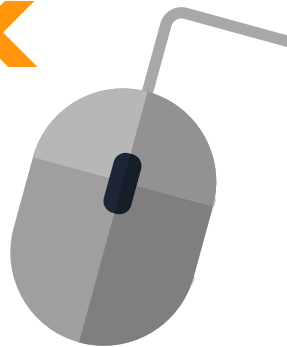
You are invited...

Time: Each wellness webinar is from 12 Noon to 1 PM CST. Content is presented live from 12 Noon to 12:30 PM. Real-time opportunity for questions and answers from 12:30 PM to 1 PM.

To Register: Priority sign-ups open on the first day of the month that the program is presented. Secure your spot on the homepage at www.AlternativesEAP.com.



www.AlternativesEAP.com 800-466-8282



MONTHLY Wellness Webinars

MONTHLY

Jan 16

Parenting After Divorce

Feb 20

Ways to Be Your Best:

What Drives Us or Drains Us and How to Tell the Difference

Mar 12

Help for Anxiety: Creating a Self-Soothing Kit

Apr 16

Shake Things Up: How to Break Out of Comfortable Routines

May 14

Creating a Culture of Commitment: Engaging Employees

Jun 18

Full-Body Workout in a Tiny Space

Jul 16

Shortcuts to Healthy Eating

Aug 20

Resilient Me: Practices that Promote and Support Resilience

Sep 17

Suicide Awareness and Intervention

Oct 15

The Power of Letting Go: If You Want to Fly, Give Up Everything that Weighs You Down

Nov 19

Got STRESS? How Mindfulness Can Help You

Manage Negative Mind-Chatter to Improve Your Well Being

Dec 17

Self-Care During the Holiday Season