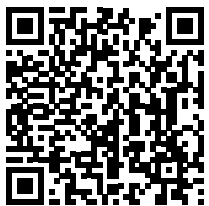


EMPLOYEE ASSISTANCE PROGRAM

This month's live webinar:

SOCIAL STATUS: KEEPING A SAFE AND HEALTHY RELATIONSHIP WITH SOCIAL MEDIA



**Wednesday,
February 9th
11:00 a.m.**

Your Program: Benefits to Help You Lead a Thriving Life

- Explain the algorithm and why you see specific content.
- Recognize how to identify reliable, verified information.
- Know when it's time to take a break from social media.