This month’s live webinar:

SELF-CARE ENHANCEMENT AND ENRICHMENT

Wednesday, May 11th
11:00 am PT

Self-Care Enhancement and Enrichment
• Explain the importance of self-care.
• Describe how to find happiness and purpose in life.
• Develop techniques to achieve an improved mindset and mood.

1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 1-800-424-6117
eap.calhr.ca.gov
©2022 Magellan Health, Inc.