

EMPLOYEE ASSISTANCE PROGRAM

This month's live webinar:

MAKE LIFE EASIER: CREATE MORE PEACE AND BALANCE AT WORK AND HOME



**Wednesday,
August 10th
11:00 a.m.**

Make Life Easier: Create More Peace and Balance at Work and Home

- Define what peace and balance means.
- Describe mindsets and how to set practical expectations.
- Identify strategies to help create calm and manage work-life flow.