

SEPTEMBER 2023

The Gratitude Habit



ONLINE SEMINAR

Starting a new habit can be transformative. Choosing gratitude can help improve your optimism and appreciation. This session will cover how to build a gratitude habit in our daily lives.

LET US HELP

Visit your home page starting September 19th

WEBSITE: www.EAPHelplink.com

TOLL-FREE: 1.800.833.3031

COMPANY CODE: IOWA



Your Employee Assistance Program

ALWAYS AVAILABLE | FREE | CONFIDENTIAL