

# Employee Assistance Program 2024 Webinar Calendar

Your Employee Assistance Program is pleased to offer the following webinars in support of overall health and wellness. Webinars may be viewed on the website listed below and accessed anytime after the date listed.



<b>JANUARY 16</b>	<b>Money Matters - Navigating Emotions for Financial Wellbeing</b>	Discover how emotions can influence spending, lead to procrastination with decisions, and impact your long-term financial health. Walk away from this training with strategies to take control of your finances.
<b>FEBRUARY 20</b>	<b>Positive Impact - Becoming the Influencer</b>	Learn the art of being a positive influencer and how to inspire those around you, whether at work, at home, or in the community.
<b>MARCH 19</b>	<b>Bonding with Pets</b>	In this seminar, participants will learn about the impact of pets on your life and how their presence can enhance your mental and emotional wellbeing.
<b>APRIL 16</b>	<b>Food for Thought</b>	In this seminar participants will develop an understanding about the direct link between the contents of one's plate and physical health and how mindful eating nurtures mental wellbeing.
<b>MAY 21</b>	<b>Balancing Act - Strategies for Mental Health</b>	Are you finding it difficult to manage all your competing demands? Join us for this seminar where we will discuss ways to find balance and take care of your mental health.
<b>JUNE 18</b>	<b>Living Well 365 - Igniting Motivation for a Fulfilling Life</b>	Examine strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits.
<b>JULY 16</b>	<b>Parenting Adolescents: Understanding Gen Z</b>	This training will equip parents and caregivers with practical strategies to navigate the unique challenges and opportunities that present themselves with teenage children.
<b>AUGUST 20</b>	<b>Harnessing Positive Reinforcement for Success</b>	Discover how recognition can inspire, reinforce desired behaviors, and strengthen bonds in personal and professional spheres.
<b>SEPTEMBER 17</b>	<b>Crafting Joy: Finding Fulfillment in Creative Pursuit</b>	Discover the art of trying new things, from sample different cuisine, traveling to exciting destinations, to diving into new hobbies. Spark your passion by expanding upon your interests.
<b>OCTOBER 15</b>	<b>Aging Parents, Renewed Connections</b>	Transitions that occur in later life can be challenging, yet they also offer unique opportunities to deepen our relationships and rekindle connections. This training will uncover ways to maximize this time.
<b>NOVEMBER 19</b>	<b>Laughter Helps</b>	In this session participants will discover how a good laugh can boost your mood, strengthen your relationships, and unlock a wealth of other benefits.
<b>DECEMBER 17</b>	<b>Tools for Life</b>	Take inventory of the different tools you have in your figurative toolbox, assess your strengths, and learn how to approach life with a new perspective.

**CALL TOLL-FREE, 24/7**  
1.800.833.3031

**WEBSITE:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)  
Code: IOWA