



Balancing Act - Strategies for Mental Health

ONLINE SEMINAR

It is important to maintain a healthy and strong mind for overall wellbeing. Explore effective strategies to improve your mental health. Reach out, we can help.

MAY 2024

LET US HELP

Visit the website below starting May 21st

WEBSITE: www.EAPHelplink.com

TOLL-FREE: 1.800.833.3031

COMPANY CODE: IOWA