

Your Employee Assistance Program Online Seminar



Stride Forward

Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.

FEBRUARY 2025

LET US HELP

Visit the website below starting February 18

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.800.833.3031

COMPANY CODE: IOWA

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

