

# *Your Employee Assistance Program* Online Seminar



## **Anxiety Unmasked**

In this seminar participants will explore the nuances of anxiety, learning to identify their triggers for more effective management and calmer navigation through life's uncertainties.

**MAY 2025**

### **LET US HELP**

Visit the website below starting May 20

**WEBSITE:** [EAPHelplink.com](https://EAPHelplink.com)

**TOLL-FREE:** 1.800.833.3031

**COMPANY CODE:** IOWA

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**