

Your Employee Assistance Program Online Seminar



Thriving at Any Age: A Guide to Healthy Aging

Listen in to this webinar to learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved well-being as you age.

LET US HELP

Visit the website below starting June 17

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.800.833.3031

COMPANY CODE: IOWA

A background image showing a wooden table with two blue dumbbells, a heart-shaped wooden bowl filled with various fruits and vegetables (broccoli, tomatoes, blueberries, pomegranate seeds, etc.), and a pair of silver walking sticks. A teal banner with the date "JUNE 2025" is overlaid on the right side of the image.

JUNE 2025

ALWAYS AVAILABLE | FREE | CONFIDENTIAL