

Your Employee Assistance Program Online Seminar



Connectedness: Cultivating Meaningful Social Connections

In this webinar, we will explore the impact of strong social ties, community engagement, and volunteering on our well-being. We will also learn how to deepen connections for a more fulfilling life.

LET US HELP

Visit the website below starting August 19

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.800.833.3031

COMPANY CODE: IOWA

AUGUST 2025



ALWAYS AVAILABLE | FREE | CONFIDENTIAL