

# *Your Employee Assistance Program* Online Seminar



## Authenticity at Work

In this seminar, you'll learn how to handle health challenges, prevent burnout, and support diverse needs to create a healthier, authentic workplace.

### LET US HELP

Visit the website below starting October 21

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

**TOLL-FREE:** 1.800.833.3031

**COMPANY CODE:** IOWA

A group of six diverse young adults (three men and three women) are smiling and cheering with their arms raised in the air. They are standing in front of a grey brick wall. A teal semi-transparent banner is overlaid on the right side of the image, containing the date "OCTOBER 2025".

**OCTOBER 2025**

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**