

Your Employee Assistance Program Online Seminar



Taking Charge

In this webinar, you will learn how to proactively boost your health and mental well-being by establishing healthy habits early, preventing crises, and taking control of your wellness journey.

LET US HELP

Visit the website below starting December 16

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.800.833.3031

COMPANY CODE: IOWA

DECEMBER 2025



ALWAYS AVAILABLE | FREE | CONFIDENTIAL