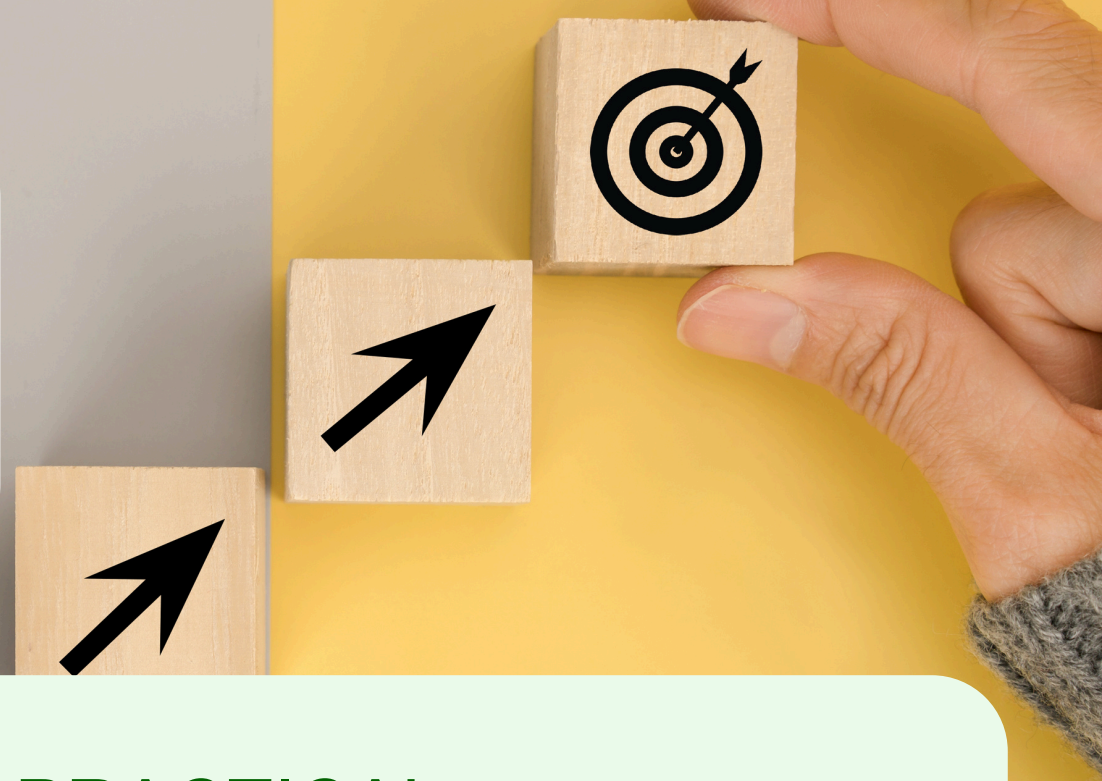




**Employee Assistance Program (EAP)  
January 2026 Online Seminar**



## STAYING ON TRACK: 7 PRACTICAL STRATEGIES FOR GOAL COMMITMENT

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### **SEMINAR DESCRIPTION:**

In this seminar, you will learn practical tools to stay consistent, overcome setbacks, and achieve what matters most. We will also explore simple ways to stay motivated and build habits that keep you moving forward.

**Visit the website below  
starting January 20**

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

**COMPANY CODE:** IOWA

**TOLL-FREE:** 1.800.833.3031



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