



Employee Assistance Program (EAP) February 2026 Online Seminar

THE ROLE OF HOBBIES IN WORK-LIFE BALANCE

SEMINAR DESCRIPTION:

Discover how hobbies and personal interests can reduce stress, improve focus, and help you balance work and life. Learn strategies to make time for activities that recharge your energy and creativity.

Visit the website below
starting February 17

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031

ALWAYS AVAILABLE, FREE, & CONFIDENTIAL