



## 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](http://EAPHelplink.com)

**COMPANY CODE:** IOWA

**TOLL-FREE:** 1.800.833.3031

**ALWAYS AVAILABLE, FREE, & CONFIDENTIAL**