



Employee Assistance Program (EAP) July 2026 Online Seminar

RESILIENCE RESET: FIVE WAYS TO THRIVE THROUGH CHANGE

SEMINAR DESCRIPTION:

In this seminar, you'll learn proven techniques to manage competing demands and maintain balance without burnout. Discover simple ways to build resilience, adapt to challenges, and recover more quickly during life transitions.

ALWAYS AVAILABLE, FREE, & CONFIDENTIAL

**Visit the website below
starting July 21**

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031

