



Employee Assistance Program (EAP) August 2026 Online Seminar

CONNECTED NOT CONSUMED: DIGITAL WELLNESS STRATEGIES

SEMINAR DESCRIPTION:

In this online seminar, we will look at ways to set clear boundaries with technology to enhance focus, well-being, and meaningful connections. We'll also explore practical tips for managing screen time, reducing distractions, and creating healthier online habits.

ALWAYS AVAILABLE, FREE, & CONFIDENTIAL

**Visit the website below
starting August 18**

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031

