

Acentra HEALTH

Employee Assistance Program (EAP)
November Bonus
On-Demand Learning

THE SCIENCE OF STRESS:

TOOLS FOR THRIVING AT WORK AND HOME

VIDEO DESCRIPTION:
In this bonus video for International Stress Awareness Week, explore science-based techniques to reduce stress and strengthen resilience at work and home. Gain tools to help you manage challenges more effectively while supporting your overall well-being.

ALWAYS AVAILABLE, FREE, & CONFIDENTIAL

Visit the website below starting November 4

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031