

Your Employee Assistance Program Online Seminar

Acentra
HEALTH

Thriving at Any Age: A Guide to Healthy Aging

Listen in to this webinar to learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved well-being as you age.

LET US HELP

Visit the website below starting June 17

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.800.765.0770

COMPANY CODE: LOYOLA

JUNE 2025



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