

Your Employee Assistance Program Online Seminar



Taking Charge

In this webinar, you will learn how to proactively boost your health and mental well-being by establishing healthy habits early, preventing crises, and taking control of your wellness journey.

LET US HELP

Visit the website below starting December 16

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.800.765.0770

COMPANY CODE: LOYOLA

A photograph of a woman with long brown hair in a ponytail, wearing a grey and black quilted jacket and white earbuds. She is smiling and looking down at her smartwatch on her left wrist. The background is a blurred outdoor setting.

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ALWAYS AVAILABLE | FREE | CONFIDENTIAL