

DID YOU KNOW?

ALTERNATIVES
EAP OFFERS
MONTHLY
WELLNESS
WEBINARS.

EACH MONTH ALTERNATIVES OFFERS A WEBINAR ON A DIFFERENT HEALTH OR WELLNESS TOPIC.

Topics range from how mindfulness can help manage stress to parenting after divorce.

REGISTRATION IS EASY

Go to alternativeseap.com and click on the “monthly webinar” link.

ALTERNATIVES EAP ALSO OFFERS:

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MONTHLY WELLNESS WEBINARS

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| 01.16 Parenting After Divorce | 05.14 Creating a Culture of Commitment: Engaging Employees | 10.15 The Power of Letting Go: If You Want to Fly, Give Up Everything that Weights You Down |
| 02.20 Ways to Be Your Best: What Drives Us or Drains Us and How to Tell the Difference | 06.18 Full-Body Workout in a Tiny Space | 11.19 Got Stress: How Mindfulness Can Help You Manage Negative Mind-Chatter to Improve Your Well Being |
| 03.12 Cultivating Calm — Habits for Well-being: A Mindful Approach to Self-Care & Resilience. | 07.16 Shortcuts to Healthy Eating | 12.17 Self-Care During the Holiday Season |
| 04.16 Shake Things Up: How to Break Out of Comfortable Routines | 08.20 Resilient Me: Practices that Promote and Support Resilience | |
| | 09.17 Suicide Awareness and Intervention | |