



WEBINAR

THRIVE WITH NATIONAL EAP

Embracing Self-Care

December 16th
at 1 pm ET

Register Today!

Click Here or
Scan the QR Code

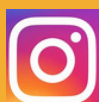
Every month, National EAP's expert coaches and clinicians deliver programming designed to help you grow personally and professionally. **This month, we're spotlighting the importance of self-care.**

Join this THRIVE webinar to discover strategies for enhancing your self-care routines and creating more balance in your daily life.

Register now to invest in your well-being!



Click the icons
to follow
National EAP >>



Need Help?

call: 1-800-624-2593

email: info@nationaleap.com

web: www.nationaleap.com