

You are Invited!

EAP Wellness Webinar: Back-to-Balance: Managing Transitions

Texas Health EAP Presents: Wellness Webinars, a monthly wellness series designed to practical strategies to bolster resiliency and self-care.

Life is full of change, and it often happens without our consent. Whether you're navigating a new role, season, or challenge, this webinar offers strategies to stay grounded, adapt with grace, and find your balance again.

You have 2 opportunities to attend this month's webinar!

August 7 at 1:00PM

[Join the meeting now](#)

Meeting ID: 248 416 412 923 126

Passcode: 2CE7Kt6D

or

August 18 at 11:00AM

[Join the meeting now](#)

Meeting ID: 245 383 616 349 409

Passcode: gH7b6Nv6