

You are Invited!

EAP Wellness Webinar: Forgiveness & Freedom

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

Holding on to resentment can weigh you down. Join this webinar to explore the liberating power of forgiveness - for yourself and others - and learn how to release emotional baggage to reclaim your peace.

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

September 11 at 1:00PM

[Join the meeting now](#)

Meeting ID: 257 381 163 862 567

Passcode: z5J8fX97

or

September 22 at 11:00AM

[Join the meeting now](#)

Meeting ID: 243 391 281 500 875

Passcode: Db3D2NA6