You are Invited!

EAP Wellness Webinar:
Bend Without Breaking

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

Resilience isn't about being unbreakable - it's about being flexible. Learn how to adapt, recover, and thrive through life's challenges by cultivating inner strength and emotional agility.

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

November 6 at 1:00PM

Join the meeting now
Meeting ID: 255 397 905 496 722 4
Passcode: HA2WX3F5

or

November 17 at 11:00AM

Join the meeting now
Meeting ID: 246 673 882 532 760 8
Passcode: 34aQ2Ld9