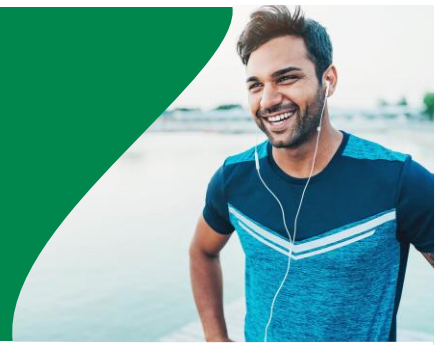


2026 

# On-Demand Wellness Webcasts



SEMINAR	TOPIC
<a href="#"><u><b>Making Meaning of the Everyday</b></u></a>	Does the "daily grind" leave you feeling unfulfilled? Explore how small mindset shifts can help us tap into a sense of meaning as we go about our "ordinary" life.
<a href="#"><u><b>Bridging Divides: Beyond Agree to Disagree</b></u></a>	We're each entitled to our opinions and beliefs, but what about when they clash with those of others? Explore reaching across divides to respectfully engage.
<a href="#"><u><b>Wellness One Notes: Micro Moves for Better Health</b></u></a>	When it comes to making healthy changes, mini moves can deliver big results. From sleep strategies to social connections, find your small steps to wellness.
<a href="#"><u><b>When Mood Meets Food: Strategies for Stress Eaters</b></u></a>	Do you find yourself eating to calm your feelings or when feeling anxious? Learn to recognize your stress eating triggers and get strategies to react differently.
<a href="#"><u><b>Stress Management IOI</b></u></a>	You may not be able to avoid stress, but you can choose how you respond to it. Explore your triggers and strategies to change your reactions.
<a href="#"><u><b>Why We Worry and What to Do About It</b></u></a>	We all worry, but do you even worry about being worried? We'll share insights and strategies that can help you cope with and control worrisome thoughts.
<a href="#"><u><b>EQ and You: Connect for Success</b></u></a>	Emotions don't stop at the office door. Learn how you can make them work for you, not against you, by building your emotional intelligence.
<a href="#"><u><b>Celebrating Diversity: The Power of Authenticity</b></u></a>	Being our authentic selves can be challenging, but it's an effort that can help us live fuller lives and support inclusive spaces. Explore how to be the true you!
<a href="#"><u><b>Refresh, Refocus, Relax: Techniques That Work</b></u></a>	How do we release tension and reclaim balance in our busy days? Join us to discover techniques that trigger the body's natural relaxation response.
<a href="#"><u><b>Spread Too Thin: Life in the Sandwich Generation</b></u></a>	Caregiving for aging loved ones AND your family can stretch you to the breaking point. Get tips for managing the challenges and staying well in the "sandwich."

Wellness webcasts are courtesy of the Employee Assistance Program (EAP)\*  
 Replay of these on-demand seminars will be available at the links above until **DECEMBER 31, 2026**.

\*These webcasts are not intended to be used as a wellness seminar strategy for non-EAP clients. They are intended to showcase the product for a potential sale.