

October 2018

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Employee Assistance Program
1-800-832-8902

YOU'RE INVITED TO JOIN OUR MONTHLY WEBINAR

Wednesday, October 24th

HEALTHY AGING



There is a new saying that “60 is the new 40.” The way our society looks at age is changing, reflecting longer life spans and conditions never experienced before. The manner in which we relate and interact with our surroundings makes a huge difference in our individual perception of the aging experience. In this class, we will discuss age as a state of mind and in relation to our surroundings.

To Register:

- [Click HERE](#) or go to:
<https://register.gotowebinar.com/rt/7179588116006409475>
- Use the drop down list to select your preferred time to attend.

The Employee Assistance Program (EAP) can be reached by calling 800-832-8902

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