

WEBINAR

# THRIVE WITH NATIONAL EAP

## Wellness Wonderland: A Journey to Wellbeing During the Holidays

November 13th  
at 12pm ET

Register Today!

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Every month, National EAP's team of coaches and clinicians provide programming to help you level-up in your personal and professional life. **This month we focus on your wellbeing during the holidays.**

The holidays are a time of joy and celebration. However, they can also bring stress, overindulgence, and a sense of imbalance.

**Join us to rediscover the spirit of the holidays where wellbeing takes center stage.** We will review strategies to help you maintain wellbeing and thrive this holiday season.



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