

# Finding Yourself Through Nature

## ONLINE SEMINAR

### Taking the path less traveled

Discover the importance of being outside and find your own way to enjoy nature, and increase your wellbeing.

### LET US HELP

Visit your home page starting June 21st

**WEBSITE:** [www.EAPHelplink.com](http://www.EAPHelplink.com)

**TOLL-FREE:** 1.800.999.1077

**CODE:** DOUGLAS

Always Available | Free | Confidential

JUNE 2022



**YOUR EMPLOYEE ASSISTANCE PROGRAM**

