BESTHealth

BestYOU

NOVEMBER SERIES

Holiday Harmony

Get the tools you need to take care of yourself better and make healthy choices daily.

Join us every Tuesday via Microsoft Teams for 30-minute sessions at 7:30 a.m. or 12 p.m.

November 3
Holiday Balance:
Work-Life Harmony

November 10
Holiday Peace:
Managing Financial Stress

November 17
Holiday Comfort:
Navigating Grief and Loss

November 24
Holiday Joy:
Grace and Gratitude

Attend 4 sessions for a chance to win a $100 gift card from the Awardco mall.

Deadline to Enroll:
October 29 @ 12 P.M.

Spaces are limited. Click here or scan the QR code to enroll today!

Powered by CONCERN EMPLOYEE ASSISTANCE PROGRAM

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