

2023 EAP RECORDED WEBINARS

1-800-645-6571
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Resilience and Self-Care

Is There a Connection Between Food and Exercise in Helping to Alleviate Depression

The role of nutrition and exercise on mental health is complex, but research is growing at a rapid pace. Evidence is showing that what you eat and how you exercise can help with improving overall mental health, to include depression and anxiety. Join this webinar to explore the ways you can incorporate food and exercise into your life to contribute to overall positive mental health.

<https://Exercise - Nutrition - Mood & Food>

Healthy Ideas for Healthy Workplaces – for Employees

Managing Anger in a Changing Culture

Life got you mad? Anger is a common and natural human emotion, but if it is coming up regularly it could be affecting your quality of life. Come learn more about this emotion and how to tame it.

https://player.vimeo.com/progressive_redirect/playback/795057392/rendition/720p/file.mp4?loc=external&signature=f600a12f02f8ac4cc468758c8ef699c99a34950800761db2a6aa9c0afd5332df

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