



EMPLOYEE ASSISTANCE PROGRAM April 2025

“Movement and Mental Health”

Atrium Health’s Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the “Movement and Mental Health” webinar include:

- Learn the importance movement in your body has on one's mental health
- Understand the Psychosomatics of movement in therapy
- Compare logistics of movement between activity and populations

For your convenience this webinar will be held on varying days and times during the month.

Dates	Times
April 10th, 2025	1:00pm – 12:00 pm
April 16th, 2025	11:00am - 12:00 pm
April 22nd, 2025	10:00am - 11:00 am

Advance registration is required. To register, please call 704.355.5021 or click on the link below and complete the required fields:

<https://forms.office.com/r/FIM4kRUDZP>

**Classes may be cancelled without adequate registration.
These dates and topics are subject to change based on demand.**

Atrium Health’s Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact the Atrium Health Employee Assistance Program at **704-355-5021** or **800-384-1097**.