



EMPLOYEE ASSISTANCE PROGRAM April 2026

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.

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:

- Define the link between physical activity and mental health outcomes
- Understand research on how exercise improves mental health
- Actionable strategies we can incorporate

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

Dates	Times
April 13 th , 2026	12:00 – 1:00 pm
April 16 th , 2026	1:00 - 2:00 pm
April 21 st , 2026	11:00 - 12:00 pm

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

<https://forms.cloud.microsoft/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**.

*** We kindly ask that you refrain from recording the counselors or any materials shared during the webinar using any device or AI tools. If you have any questions, please feel free to contact the presenting counselor***