

Monthly Workshops & Wellness

EAP is excited to bring you some new monthly **virtual [wellness offerings!](#)**

★ We have some fresh and interesting content for you and your team, plus our live group "**morning movement**" session continues to grow.

Click the links below to sign up, mark your calendars, and tell your colleagues. Hope to "see" you soon!

Virtual Wellness Workshops:

Healthy Eating for Busy People

Thursday, April 14, 12 noon (EST)

Feeding your family or yourself a balanced diet is not easy with a busy schedule or a careful budget, but we know that nutritious food is important for mind, body, and spirit. Our workshop will have realistic tips, sample meal plans, and a few of our EAP staff recipes!

[4/14/2022, 12 noon EST/9 am PST: click here to register](#)



Bringing Joy and Fun to the Workplace

Friday, May 13, 12 noon (EST)

And now for something a little different! Join us for this light-hearted look into fun team-building activities, and get ready to laugh and relax as we will demo a virtual game together. One way to team trust is through fun shared experiences.

[5/13/2022, 12 noon EST/9 am PST: click here to register](#)



Morning Movement on the First Friday

★ **Friday, May 6, 8:15 am (EST)**

Join us for this virtual class on the first Friday in May; drop in anytime between 8:15 and 9 am. Bring a mat or a small rug and feel free to leave your video off - it's a great way to start our morning!

[5/6/2022, 8:15 am EST: click here to register](#)

