

Advocate Aurora Health Employee Assistance Program

Please Join Us

Your AAH Employee Assistance Program (EAP) hosts weekly virtual educational sessions to connect and reinforce strategies useful in staying well. IMPACT sessions are confidential, voluntary, and open to everyone. Unique weekly topics are selected to help you recharge your emotional health in the areas of resilience, work/life balance and self-care.

Consider joining to make an **IMPACT** in your life!

Inspirational
Meetings to
Practice
Actionable,
Compassionate
Techniques and Teaching

Who: Hosted by your organization's EAP through Advocate Aurora – open to ALL

What: 10 Minutes- Education, 10 Minutes- Helpful Strategies, 10 Minutes- Q&A

Where: <https://zoom.us/j/94292572191?pwd=eTZUeEpwckE3YTc1ckR1aGYzVWFFQT09>

OR 312-626-6799

Meeting ID: 942 9257 2191 **Password:** 247340

When: Every Tuesday, starting August 4th (12:30 -1pm CST)

No registration required
Questions may be directed to: EAP.LiveWellBeWell@aah.org



AdvocateAuroraHealth™
Employee Assistance Program