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