

ONLINE SEMINAR

In this session, we will explore some steps you can take towards greener living and how to guide your family to living more sustainably. We can help you connect intentions with actions for better mental wellbeing.

*(Typical seminar runtime: 20 minutes)*

YOUR EMPLOYEE ASSISTANCE PROGRAM

LET US HELP

Visit your home page starting Tues. 4/18

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

TOLL FREE: 1-877-313-4455

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**Guiding Your Family to Greener Living**

**APRIL 2023**