

Navigating Your Holiday

ONLINE SEMINAR

Having successful holidays

Learn some effective ways to plan, organize, and make the most of your holiday.

(Typical seminar runtime: **20 minutes**)

LET US HELP

Visit your home page starting Tuesday 10/18

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

YOUR ORG CODE (to log on): <ASD>

TOLL FREE: 1-877-313-4455

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OCTOBER 2022

The letters "eap" are below a radiating sun which contains a person with upraised arms

YOUR EMPLOYEE ASSISTANCE PROGRAM