Continuum
• EMPLOYEE ASSISTANCE
• TRAINING
• CONSULTING

EMPLOYEE ASSISTANCE PROGRAM JUNE 2017

GOING THE DISTANCE

The path to total well-being

Feeling good about yourself and your life, being curious about the world around you, and enjoying what you do are all aspects of what is called "well-being." It also includes having positive relationships, a feeling of control over your life, and a sense of purpose. Ways to increase your personal well-being include connecting with others, being active, continuing to learn and giving back. Your Employee Assistance Program can help you discover new ways of enhancing your well-being.

ONLINE SEMINAR

Emotional Support: Staying Balanced in a Changing World

Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives.

Available on demand starting June 20

To access Continuum's HelpNet, simply visit **www.4continuum.com**, complete the member login on the upper right-hand side of the page — then select HelpNet. From HelpNet's home page, scroll down to Online Seminars on the center of the page. Click on the webinar on or after June 20.

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family and personal life.

CALL: 402.476.0186 / 800.755.7636 **ONLINE:** 4continuum.com **FOLLOW US:**