

Continuum EAP is a  
free, confidential program  
to help you balance your  
work, family and personal life.

# INVOLVEMENT & ENGAGEMENT

Learn how small acts of kindness and  
a state of flow can change your life.

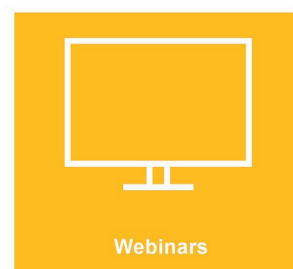
Do you ever ask yourself, “What can I DO  
today to change my life for the better”?

Thankfully, research supports that there  
is something we can do, and it’s actually  
quite easy. In this online seminar, we will  
explore two actionable concepts you will  
enjoy adding to your daily/weekly routine  
and that can help you live a happier,  
positive, purposeful life!

## HelpNet online seminar

**Tuesday, Sept. 19**

Register for the live session  
@ 12 p.m. (Eastern)



— OR —

## Watch it on demand

To access Continuum’s HelpNet, visit  
[www.4continuum.com](http://www.4continuum.com), complete the  
member login on the upper-right side of the  
page. At the top of HelpNet’s home page,  
click the featured webinar of the month, or  
scroll down to the webinar tile to register.