



EMPLOYEE ASSISTANCE PROGRAM

AUGUST 2017 – Stress Management

Carolinas HealthCare System's Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the **Stress Management** webinar include:

- Defining stress and understanding your sources of stress
- Understanding the effects of stress on the body
- Learning strategies to reduce stress in your daily life

For your convenience this webinar will be held on varying days and times during the month.

Dates

Times

August 8, 2017

9:00 – 10:00 am

August 16, 2017

Noon - 1:00 pm

August 24, 2017

1:00 - 2:00 pm

Advance registration is required.
Space is limited so please call
704-355-5021
For reservations.

Carolinas HealthCare System's Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact Carolinas HealthCare System Employee's Assistance Program at **704-355-5021** or **800-384-1097**.



Carolinas HealthCare System