Need a break?
It has almost been a year since we started dealing with and adapting to the COVID pandemic and our employees have adapted, risen to the challenge, made sacrifices, and endured loss and uncertainty. This year more than ever we need a break.

Please join the Employee Assistance Program (EAP) and Wellness Program at our Virtual Recharge Event, April 13th, 14th, and 15th. Learn about healthy eating, physical activity, and sleep to help you stay “fully charged”. We have many things lined up for you from the EAP Team and HealthPoint Partners.

Live Webinars From EAP Counselors:

- **The Importance of Sleep: Creating a Routine for Quality Rest**, Rakima Parson, LPC-S (she/her)
- **Gratitude in Everyday Life**, Natalie Neumann, MSSW, MPH (she/her)
- **Parenting in Challenging Times**, Mary Bade, Ph.D., Licensed Psychologist (she/her)
- **Mindful Self-Compassion**, Jeff Stellmach, LCSW (he/him/his)
- **A Year Into the Pandemics: Lessons Shared in Surviving and Soothing**, Amber Hunter-Crawford, LCSW-S (she/her)
- **Cultivating Hope**, Jamie Justus, LCSW (she/her)
• Introduction to Client Centered Services, Lilia Macon, LPC (she/her)
• Supporting Your Team During Uncertain Times, Susan Harnden, LCSW CEAP Director of HealthPoint (she/her)

Featured Guest: Managing Worry and Uncertainty, Jasper Smits, Ph.D. is a Licensed Psychologist, Professor of Psychology, and Director of the Anxiety & Stress Clinic at The University of Texas at Austin.

Live HealthPoint Partner Webinars.

• Health at Your Desk, Airrosti
• Cooking w/ Sotear Demo with SOTEAR KUY, Registered Dietitian, MPH, RD/LD
• Spend Time With and Enjoy Therapy Dogs, Divine Canine
• Farmhouse Delivery Demo with 6 Farmhouse Produce Box GIVEAWAYS. Who is Farmhouse Delivery and let’s get creative with seasonal veggies & fruit. Casey Hoskinson, Corporate Account Manager
• Wellness Q&A. We will close the week out with Nosse Ovienmhada and a wellness walkthrough. All Fuzzy Assistants invited! Dogs, Cats, Bunnies, Birds etc.

Register for Webinars on UTLEARN. Attendees will be entered into our Recharge Raffle! Prizes include gift baskets, foam rollers, yoga gear, art supplies, gardening tools, hammocks, Alexa Spot, and much more! You must register in advance on UTLearn and be present at the presentation to win.

Register on UTLearn