## Unplugged: Digital Detoxing

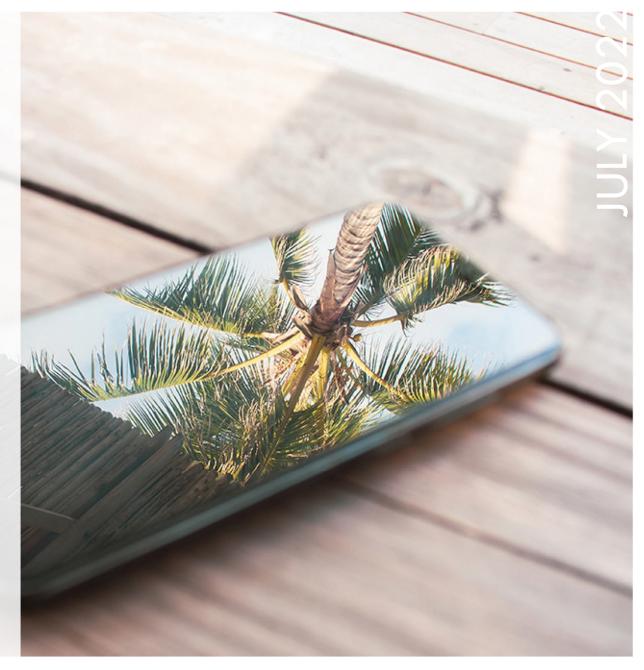
## **ONLINE SEMINAR**

## **Disconnecting to reconnect**

Find the reasons why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.

LET US HELP Visit your home page starting July 19th WEBSITE: www.EAPHelplink.com TOLL-FREE: 1.800.999.1077 COMPANY CODE: DOUGLAS

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## YOUR EMPLOYEE ASSISTANCE PROGRAM