

## **ONLINE SEMINAR**

Being in nature increases serotonin, which is responsible in boosting our mood and helps us feel calm. In this session, we will explore the benefits of getting outdoors as a part of your self-care routines.

## **LET US HELP**

Visit your home page starting January 17th

WEBSITE: www.EAPHelplink.com

**TOLL-FREE:** 1.800.999.1077 **COMPANY CODE:** DOUGLAS



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