EAP is excited to bring you our monthly virtual wellness offerings!

We have some fresh and interesting content for you and your team, plus our live group "morning movement" session is trying something new.

*Click the links below to sign up, mark your calendars, and tell your colleagues. Hope to “see” you soon!*

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**Virtual Wellness Workshops:**

**How to Ask for Help When You Need It**

*Thursday, November 10, 12 noon (EDT)*

Why is it sometimes hard to ask for help at work or at home? You may worry about being a burden or think it’s easier just to do it yourself. But, at what cost? Join us and discover tools on how to thoughtfully ask for help, set yourself up for a "yes", and share the mental load - without apology.

*11/10/2022, 12 noon ET/9 am PT: click here to register*

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**Making a Plan to Survive the Holidays**

*Thursday, December 1, 12 noon (EDT)*

This might not be the most wonderful time of the year - and that's okay. This workshop will walk you through making a plan to: deal with pressure from loved ones; get support for times of loneliness or grief; practice accepting your own needs and those of others; and finding spots of lightness in the season.

*12/1/2022, 12 noon ET/9 am PT: click here to register*

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**Morning Movement: Pre-Holiday Pilates**

*Friday, Nov 18, 8:15 am (EDT)*

We've heard great feedback about our new online subscription to virtual mat-based classes; this beginner-to-intermediate Pilates session will help us start our holidays with focused movement, deep stretches, and purposeful breathing. You only need a mat or an old towel on a rug; join us!

*11/18/2022, 8:15 am ET: click here to register*