Employee Assistance Program
2025 Webinar Calendar

Your Employee Assistance Program is pleased to offer the following webinars in support of overall health and wellness. Webinars may be viewed on the website listed below and accessed anytime after the date listed.

Acentra HEALTH

JANUARY 21	**Shine Your Light: Finding Your Inner Glow**	Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.
FEBRUARY 18	**Stride Forward**	Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.
MARCH 18	**Harmony in Motion**	Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.
APRIL 15	**Clutter to Clarity: Organizational Skills for Better Living**	Explore how mastering organizational skills can transform your daily life by boosting efficiency, reducing stress, and creating more mental space.
MAY 20	**Anxiety Unmasked**	Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties.
JUNE 17	**Thriving at Any Age: A Guide to Healthy Aging**	Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved wellbeing as you age.
JULY 15	**The Power of Resilience**	Build mental and emotional resilience in a dynamic world. Learn practical strategies for enhancing wellbeing and confidently navigating change.
AUGUST 19	**Connectedness: Cultivating Meaningful Social Connections**	Explore the impact that strong social ties, community engagement, and volunteering have on wellbeing. Learn how to deepen connections for a more fulfilling life.
SEPTEMBER 16	**Navigating Social Media for Mental Wellness**	Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens.
OCTOBER 21	**Authenticity at Work**	Handle health challenges, prevent burnout, support diverse needs from neurodivergence to chronic conditions. Create a healthier, authentic workplace.
NOVEMBER 18	**Sweet Dreams: Strategy for Better Sleep and Better Health**	Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest.
DECEMBER 16	**Taking Charge**	Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey.

CALL TOLL-FREE, 24/7
1.800.999.1077

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