



Employee Assistance Program Live Webinar Series

FEAR AND ANXIETY: MOVING FORWARD

MAY 2025

Join us on 5/14/2025

from 12:30 to 1:30 PM CST

WEBINAR DESCRIPTION:

Fear and anxiety can cause challenges in being fully present and enjoying our lives. In this webinar, participants will learn the similarities and differences between fear and anxiety, while looking at how they can impact our ability to be productive and comfortable. We will explore the power of harnessing our thoughts towards a pathway for successfully managing our fears and anxieties, as well as resources and coping strategies that can help us to move forward.

Contact us 24/7 at 1.833.539.7285



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