



# Monthly WEBINAR

Employee Assistance Program  
June 2019

1hr  
WEBINAR

## *Master Your Mind: Emotional and Physical Health Connections*

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**You get upsetting news and suddenly feel sick to your stomach. You're nervous about a big meeting and you begin to sweat, your heart races.**

Examples of the mind-body connection are endless. Particularly helpful for those living with chronic illness or other health challenges, this dynamic session provides strategies that employ the mind to lessen chronic pain, reduce depression associated with physical ailments, improve health outcomes, and more. You'll learn about the latest research findings and gain techniques to help you feel your best, both mentally and physically.

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