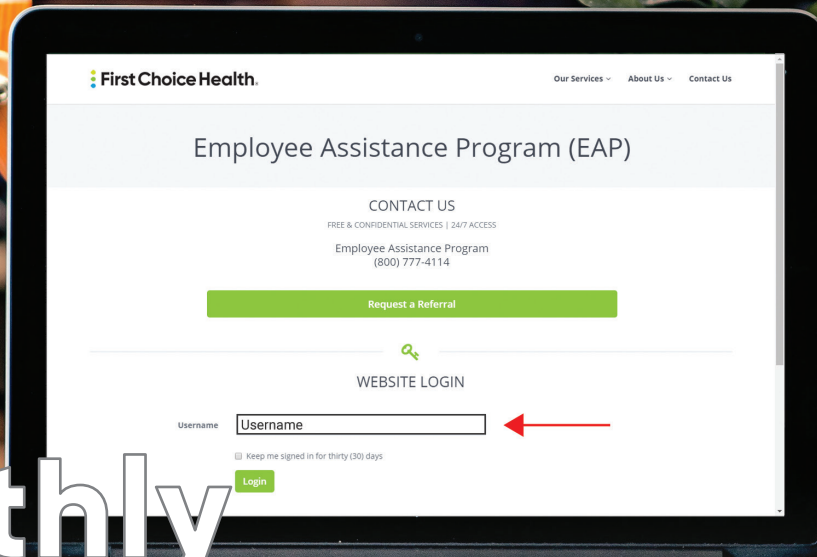


# Monthly WEBINAR



Employee Assistance Program  
December 2020

1hr  
WEBINAR

## Embracing Life's Challenges: The Expected and the Unexpected

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**Life throws you a curve ball – now what? Take charge by embracing the challenge and incorporating the setback into your daily life.**

Adversity in life is inevitable whether the circumstances are death, illness, divorce, job loss, financial or deployment. This webinar will provide encouragement and resources necessary to “reboot” by using thought provoking ideas and examples to guide the audience to ultimately embrace the hardship and face the future one day at a time.



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