WEBINAR

First Choice Health

Employee Assistance Program (EAP)

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Employee Assistance Program June 2024

1hr WEBINAR

Beating Procrastination

Strategies to help overcome patterns and get motivated!

Procrastination doesn't have to be a chronic problem. We'll discuss both the causes of and solutions to our patterns and ways to get motivated!

EAP Webinars are available anytime on-demand via the EAP website—no need to register!



Go to <u>www.FirstChoiceEAP.com</u> and enter your company's Username (if you don't know it, give us a call).

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First Choice Health.

Your EAP service is free, confidential and available 24/7 to help you balance your work, family, and personal life.

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