

# *Techniques to Restore Well-Being and Improve Health*



Life is full of circumstances that deplete us of energy and can leave us feeling unhealthy and discontented. It's important to find ways to regularly and purposefully restore our well-being. In this one-hour training, brought to you by your Employee Assistance Program, you will learn restorative practices to improve well-being, including approaches to help you feel calm and connected, and how to integrate these techniques into your personal life and goals.

**Date/time**

**Company logo**

**EAP toll-free#**