



# Making a Change

## EMPLOYEE ASSISTANCE PROGRAM MONTHLY SEMINAR

### TOPIC:

Change is inevitable, so it may be beneficial to learn how to embrace it. In this session, we will learn how to make a change for the better and learn practical tips on how to embrace the discomfort of change.

USERNAME: NIAGARA

PASSWORD: COUNTY

This seminar will be available on  
December 19<sup>th</sup>

@ [www.inova.org/eap](http://www.inova.org/eap)

## **YOUR EMPLOYEE ASSISTANCE PROGRAM**