

# Stress Buster: Managing and Taking Control of Your Life

## ONLINE SEMINAR

### Proactive strategies to stress less

Manage your stress in a healthier way and learn some strategies to take control of your life.

### LET US HELP

Visit your home page starting Dec. 21st

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

USERNAME: NIAGARA

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DECEMBER 2022

YOUR EMPLOYEE ASSISTANCE PROGRAM

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