## **AVAILABLE JUNE 20TH**

## Keeping an Open Mind

## **ONLINE SEMINAR**

An open mindset refers to a tendency to be receptive to new ideas and information. In this session, we will explore how to keep an open mind about ourselves and others and the benefits of keeping an open mind.

Visit your home page starting June 20<sup>th</sup> @ www.inova.org/eap

USERNAME: NIAGARA PASSWORD: COUNTY

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



## YOUR EMPLOYEE ASSISTANCE PROGRAM