

Exclusive Member Webinar

Health and Well-Being in the Workplace

In recognition of **World Day of Safety and Health at Work (April 28)**, join us for an in-depth look at practical tools to improve your workplace well-being. We'll explore relaxation techniques, ergonomic insights, and other healthy habits that can help reduce stress, increase focus, and bring your best self to work each day.



Available starting on **April 21** on the member portal

myeap.io/go/Newton

