

YOUR BP CARE

SEPTEMBER 2021

Switch on to Being More Present

ONLINE SEMINAR

Reducing technology overload

Discover the key to being more present and actively taking the time to digitally disconnect to spend quality time with those around you.

Always Available | Free | Confidential

Visit your home page starting September 21st

WEBSITE: www.EAPHelplink.com

TOLL-FREE: 1.800.409.3687

CODE: BP

LET US HELP

