Uncovering your Hidden Benefits

Join our representative from Impact Solutions to learn more about the many benefits provided to you by our EAP.

Session date: 2/2/16
Session time: 11:30-12:30 pm
Location: UHall 450 (Medical Campus)

Topics covered in Impact Solutions resources:

- **Parenting** – including adoption, developmental stages, childcare, well-being, and education
- **Aging** – including planning the future, aging well, housing options, grief and loss, care giving.
- **Mental Health** – including personal growth, communication, addiction and recovery and relationships.
- **Wellness** – including tools, healthy eating/recipes, health specific to age and gender, and medical care.
- **Living** – consumer tips, home buying/selling/improvement, fraud and theft, legal, pets and going green.

Please register by visiting the HRTO website at:
https://webapps.uc.edu/hr/trainingopp/index.asp

Live Well