

# MIIA EAP Professional Development Training



**Date:** May 24, 2022

**Time:** 2:00-3:00pm

**Presenter:** Steven Bernstein, LMHC

**To Register, click on below link:**

<https://attendee.gotowebinar.com/register/6433194576313525520>

## The Healthy Employee, The Healthy Employer

We all know just how important health is. But how often do we consider its key role in today's workplace? Employees benefit when they feel better - physically, emotionally - and employers reap the harvest of an engaged workforce. In this session we'll look at how organizations can create a culture of wellness, from offering healthy food options to ensuring that there's effective workplace communication. We'll consider how to get employee buy-in with health initiatives and look to make help wellness fun and exciting for all.

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