

# Employee Assistance Program Online Seminar



## Harmony in Motion

Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.

### LET US HELP

Visit the website below starting March 18

**WEBSITE:** [EAPHelplink.com](http://EAPHelplink.com)

**TOLL-FREE:** 1.800.765.0770

**COMPANY CODE:** LOYOLA

An aerial photograph of a person with long dark hair, wearing a maroon tank top and leggings, running on a light-colored paved surface. A teal rectangular overlay box is positioned in the upper right quadrant of the image, containing the text "MARCH 2025". The person's shadow is cast long and dark on the pavement below them.

**MARCH 2025**

ALWAYS AVAILABLE | FREE | CONFIDENTIAL