Your Employee Assistance Program is a support service that can help you take the first step toward change.

Physical well-being



To help you take care of your mental, physical, social and financial well-being during this difficult time, we're launching weekly Well-being Wednesday Facebook Live sessions. Each week, we'll focus on a different type of well-being - mental, physical, social and financial – with sessions led by experts in their field. Covering topics like resiliency, coping, social technology, saving and spending tips and home workouts, you won't want to miss a week. Follow the LifeWorks Facebook page to get notified when we go live!

Physical Well-being Wednesday #3

Aired live on June 10th, 2020 at 11am EST.

Recorded version available below



Physical Well-being Wednesday #2 – Fitness at home with LIFT Session
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Aired live on May 13th, 2020 at 11am EST.

Recorded version available below



Physical Well-being Wednesday #1 – Fitness at home with LIFT Session

Aired live on April 15th, 2020 at 11am EST.

Recorded version available below

