

# Advocate Aurora Health Employee Assistance Program

## Please Join Us

Your AAH Employee Assistance Program (EAP) hosts weekly virtual educational sessions to connect and reinforce strategies useful in staying well. IMPACT sessions are confidential, voluntary, and open to everyone. Unique weekly topics are selected to help you recharge your emotional health in the areas of resilience, work/life balance and self-care.

Consider joining to make an **IMPACT** in your life!

Inspirational  
Meetings to  
Practice  
Actionable,  
Compassionate  
Techniques and Teaching

**Who:** Hosted by your organization's EAP through Advocate Aurora – open to ALL

**What:** 10 Minutes- Education, 10 Minutes- Helpful Strategies, 10 Minutes- Q&A

**Where:** <https://zoom.us/j/94292572191?pwd=eTZUeEpwckE3YTc1ckR1aGYzVWFFQT09>

OR 312-626-6799

**Meeting ID:** 942 9257 2191      **Password:** 247340

**When:** Every Tuesday, starting August 4th (12:30 -1pm CST)

No registration required  
Questions may be directed to: [EAP.LiveWellBeWell@aah.org](mailto:EAP.LiveWellBeWell@aah.org)



**AdvocateAuroraHealth™**  
Employee Assistance Program