

Best Care EAP Presents...

2020 Weekly Summer Webinar Series - Self-Care

2020 has turned out to be quite a year so far! We've all experienced a great deal of emotional and physical unrest. Learn the steps we need to take to help us move forward by tackling our basic needs first.

Join Best Care EAP as we host the first stage of our summer series, **SELF-CARE**. These online webinars take place on the following Wednesdays starting June 17th @ 9 am.

Sessions are **FREE!** Click on the link to register:

June 17, 2020, 9 am-9:45 am

[Emotional Unrest: Staying Grounded in Uncertain Times](#)
(Kim and Robyn)

June 24, 2020, 9 am-9:45 am

[First Thing's First: Self Care Basics](#) (Dave and Kim)

July 1, 2020, 9 am-9:45 am

[Love and Belonging: Strains on Relationships during Turbulent Times](#) (Kim and Robyn)

Stay tuned for future topics and dates.

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