

# WAYNE CORPORATION EMPLOYEE ASSISTANCE PROGRAM

## WEBINAR

### Master Your Mind: Emotional & Physical Health Connection

Accessible in June 2019 – archived for future viewing

**Where:** [www.waynecorp.com](http://www.waynecorp.com)

- Front Page > Work & Student Life Portal (top right corner)
- Log In or Register
- Once logged in, click on “webinars” tab and “register”

**You get upsetting news and suddenly  
feel sick to your stomach.**

**You're nervous about a big meeting and  
you begin to sweat...**

**Examples of the mind-body connection  
are endless – this session provides  
strategies that employ the mind to  
lessen chronic pain, reduce depression  
associated with physical ailments,  
improve health outcomes and more.**

