

WAYNE CORPORATION EMPLOYEE ASSISTANCE PROGRAM LIVE WEBINAR

READY, SET, RELAX!

RELAXATION TECHNIQUES TO MAINTAIN WELLBEING

When: Tuesday, November 15th, 2016 at 12:00pm EST

Where: www.waynecorp.com

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

We are all living in a near-constant state of stress. The cost of this stress on your health, finances, relationships and work are extraordinary.

During this session we will learn a number of relaxation techniques that will help you gain perspective and maintain your health and well-being.

