

## JOIN US FOR A FREE WEBINAR

SPONSORED BY THE HISD EMPLOYEE ASSISTANCE PROGRAM (EAP)



## Using Guided Imagery for Wellness and Stress Reduction

WEDNESDAY, DECEMBER 11, 2024 • 11:00 AM - 12:00 PM



## Hobbies for Mental and Physical Health

WEDNESDAY, DECEMBER 11, 2024 • NOON - 1:00 PM



You may also go to the Benefits calendar at [HISDBenefits.org](https://HISDBenefits.org) to register.  
To learn more about your EAP benefits, call **ComPsych Guidance Resources** at 833-812-5181.

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