



## **Increasing mental toughness**

Tuesday May 5, 3:00 P.M. EST

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## **Best practices for working remotely**

Wednesday May 13, 2:00 P.M. EST

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## Living off your paycheck

Thursday May 21, 4:00 P.M. EST

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## Losing a loved one to COVID-19

Wednesday May 27, 1:00 P.M. EST

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All webinars are one hour. Open to all managers and employees. If you are unable to attend the live webinar, a recording will be posted on your company's Beacon website the next day. You and your eligible family members have access to trained employee assistance professionals who provide confidential assistance for many concerns. Please contact your employee assistance program for more information.

