

* Wednesday, March 11th @ 4pm EST

[https://attendee.gotowebinar.com/register/8237963733233268491](https://attendee.gotowebinar.com/register/8237963733233268491%20)

* Friday, March 13th @ 10am EST

<https://attendee.gotowebinar.com/register/1086579577480530443>

National EAP is hosting a special webinar to provide education on how to manage feelings of stress and anxiety related to the COVID - 19 outbreak.

We will be discussing the impact of stress, how to effectively manage media exposure, and strategies to increase your mental strength during this infectious disease outbreak.

*Building Mental Strength During the COVID-19 Outbreak*

is

YOUR EMPLOYEE ASSISTANCE PROGRAM

**Always available. Always confidential.**

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E-mail: **info@nationaleap.com**

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PASSWORD: **COMPANY NAME**

*Coping with Stress During Infectious Disease Outbreaks*

