

2022 Magellan (EAP)* Webinar Listing

Date/Time	Webinar Topic
July 13 th , 12:00pm – 1:00pm	Using Self Coaching to Achieve Your Health and Wellness Goals
August 17 th , 1:00pm – 2:00pm	Techniques to Restore Well-Being and Improve Health
September 14 th , 12:00pm – 1:00pm	Substance Abuse and Suicide Prevention Awareness
October 12 th , 12:00pm – 1:00pm	Tobacco Cessation: Setting the Stage to Quit
November 16 th , 12:00pm-1:30pm	Using Emotional Intelligence for Workplace Success
December 7 th , 1:00pm – 2:00pm	Developing a Positive Mindset

*Webinar sessions listed will be led by Magellan, our DSM Brighter Living Solutions Program (Employee Assistance-EAP) provider. DSM will send an email invitation for each Interactive Webinar about two weeks prior to the date of each Webinar which will include the Link to join the webinar. Contact EAP at 1-800-523-5668 (TTY 711) or visit MagellanAscend.com to browse all the great services available to you and your family.