

Well-Being Solutions

Employee Assistance Program

[Click on any image below](#)

Well-Being Solutions
Offering help with life's challenges, Well-Being Solutions - your Employee Assistance Program, is here with interactive webinars to give you guidance, direction, and insight into situations where you may need a little help. These webinars are absolutely FREE, so take advantage and learn how you can help yourself and your loved ones.

Dinner And A Webinar - we provide you with a healthy and easy recipe so you can spend your evening with us enjoying a healthy meal and a helpful webinar.

Learning to Say "No"
15 minutes
<https://wellbeing.solutions.com/webinar/570022287945452>

Rewards and Challenges of the Blended Family
18 minutes
<https://wellbeing.solutions.com/webinar/52038734887351212>

Well-Being Solutions - your Employee Assistance Program (EAP), offers interactive webinars to give guidance, direction, and insight to life's challenges. Click image to access webinar archive.



Estate Guidance
A User-friendly Tool for Creating Legally Binding Wills



Exercise for Cardiovascular Health – click on the image for some great information regarding heart health and exercise.



Prolonged stress can have adverse effects on your health and general well-being. Click on the image to learn how help combat stress.

Well-Being Solutions
employee portal, where you can find assistance with most of life's events. Sign on to search for a resource, topic, or life event.

LOGIN REGISTER

User Name: _____
Password: _____
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Forgot my username
Forgot my password

To access, enter or enter personal data, please.

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On-Demand Trainings
These short (5-10 minutes) training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges. Just click on a title to access the video.