

# 2025 Employee Assistance Program On-Demand Webinar Calendar

THEME		ONLINE SEMINAR	DESCRIPTION
Seminars can be found on your EAP home page, or you can search for them by title.			
JAN	<b>Shine Your Light</b>	<b>Shine Your Light: Finding Your Inner Glow</b> Available on Demand Starting Jan 21	Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.
FEB	<b>One Step Closer</b>	<b>Stride Forward</b> Available on Demand Starting <b>Feb 18</b>	Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.
MAR	<b>Body to Brain</b>	<b>Harmony in Motion</b> Available on Demand Starting <b>Mar 18</b>	Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.
APR	<b>Organization</b>	<b>Clutter to Clarity: Organizational Skills for Better Living</b> Available on Demand Starting <b>Apr 15</b>	Explore how mastering organizational skills can transform your daily life by boosting efficiency, reducing stress, and creating more mental space.
MAY	<b>Unanswered Anxiety</b>	<b>Anxiety Unmasked</b> Available on Demand Starting <b>May 20</b>	Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties.
JUN	<b>Healthy Aging</b>	<b>Thriving at Any Age: A Guide to Healthy Aging</b> Available on Demand Starting <b>Jun 17</b>	Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved wellbeing as you age.
JUL	<b>Resilience and Adaptability</b>	<b>The Power of Resilience</b> Available on Demand Starting <b>Jul 15</b>	Build mental and emotional resilience in a dynamic world. Learn practical strategies for enhancing wellbeing and confidently navigating change.
AUG	<b>Community and Social Connections</b>	<b>Connectedness: Cultivating Meaningful Social Connections</b> Available on Demand Starting <b>Aug 19</b>	Explore the impact of strong social ties, community engagement, and volunteering on wellbeing. Learn how to deepen connections for a more fulfilling life.
SEP	<b>Social Media - Digital Health</b>	<b>Navigating Social Media for Mental Wellness</b> Available on Demand Starting <b>Sep 16</b>	Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens.
OCT	<b>Enlightened Workplace - Be Yourself</b>	<b>Authenticity at Work</b> Available on Demand Starting <b>Oct 21</b>	Handle health challenges, prevent burnout, support diverse needs from neurodivergence to chronic conditions. Create a healthier, authentic workplace.
NOV	<b>Sleep</b>	<b>Sweet Dreams: Strategy for Better Sleep and Better Health</b> Available on Demand Starting <b>Nov 18</b>	Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest.
DEC	<b>Proactive Wellbeing</b>	<b>Taking Charge</b> Available on Demand Starting <b>Dec 16</b>	Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey.

To view a seminar on-demand, visit [www.anthem.com/meabt](http://www.anthem.com/meabt)

These seminars and additional resources are featured on the homepage.

