

# October Webinar

Sponsored by: Wayne Corporation  
Employee Assistance Program (EAP)

## 5 Strategies to Actually Enjoy the Holidays This Year

*Accessible in October 2019*

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**So often, the holidays are depicted as a time of blissful good cheer and family connection.**

**Why do so many of us feel busy, pressured, or lonely each year?**

**This webinar will share 5 tips to actually enjoy the holidays this year and guide you in creating a customized plan to apply them.**

