Close up on a person's hands holding a three rocks painted to look like brightly-colored owls. In the background is part of a painter's pallet, with daubs of a few paint colors and a paintbrush.


**Balancing Act - Strategies for Mental Health**

ONLINE SEMINAR

It is important to maintain a healthy and strong mind for overall wellbeing. Explore effective strategies to improve your mental health. Reach out, we can help.

LET US HELP

Visit your home page starting Tuesday 5/21:

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

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**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**MAY 2024**

The letters "eap" are below a radiating sun which contains a person with upraised arms