

Monthly WEBINAR

Employee Assistance Program
April 2025

1hr
WEBINAR

Sleep Health

EAP Webinars are available
anytime on-demand via the
EAP website—no need to
register!

The struggles of sleep disorders, disrupted sleep, and sleep schedules are discussed. Be empowered to sleep better using the latest in sleep science. Learn about the mystery of sleep and why we need it.

This session will explore what happens to the mind and body when we sleep, why it's important to get sleep according to your age, and how sleep impacts health and well-being.



Go to www.FirstChoiceEAP.com and enter your company's Username (if you don't know it, give us a call).

Click on the Webinars link to view 2025's Webinars and all archived Webinars.

 **First Choice Health.**



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