




EMPLOYEE
ASSISTANCE
PROGRAM
FEB. 2017



Creativity is not just for the artist. Using the left side of your brain can actually make you happier, less anxious, and more resilient. Working your brain in different ways can disrupt thought patterns and help it to grow and develop new paths to stress relief. Your Employee Assistance Program can help you find outlets for your creative streak. That stroke of paint may help you spark your creative side and put your mind in a different frame.

IGNITE A SPARK

Expand your
life through
creativity.

ONLINE SEMINAR

Creativity 101

“Creativity is putting your imagination to work, and it's produced the most extraordinary results in human culture”—Ken Robinson. Learn how to tap into your creativity and ways to apply it in both your personal life and your work environment.

Available on Demand Starting February 21st

Online seminars can be found on your home page, or you can search for them by title.

VISIT: www.sandcreekeap.com

CLICK: Work Life Wellness Login

ENTER COMPANY ID: *Can Be Requested Via Our Website

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.