

# What Can TriHealth EAP Do for You?

Please join TriHealth EAP for *Mindfulness for Anxiety*.

This virtual training session will explore how mindfulness can benefit daily life with an emphasis on how it can assist with anxiety. In addition to learning more about the practice of mindfulness, we will focus on experiential exercises as part of this training.

The presentation will be held on Aug. 17, 2022, at 10 a.m. and on Aug. 25, 2022, at 12 p.m. You can register online at [TriHealthEAP.com](https://TriHealthEAP.com), email [TriHealthEAP-CST@TriHealth.com](mailto:TriHealthEAP-CST@TriHealth.com) or call 513-977-2165.

