

Summer Wellness Series



Start your summer strong with C&FS EAP Summer Wellness Series !

This 6-week program encourages members to journey through the 8 domains of wellness with weekly emails of activities, information and mindfulness exercises. Are you ready to kickstart your journey?

Featuring Lidia Snyder, LMSW, RYT, TCTSY-F, a licensed social worker and a trauma informed yoga instructor.



Register & Win

Participants will have a chance to win one of six \$25 Andersons gift cards.

Ice cream on EAP!

Use this QR code to join the Wellness Series today!

