

April 15, 2020

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Think yourself healthy April 16

by ESO

How important is your thinking? Does your attitude really matter?

Join UHD's UTEAP April 16 at 2 p.m. (CST) for the free webinar "Think yourself healthy" to learn:

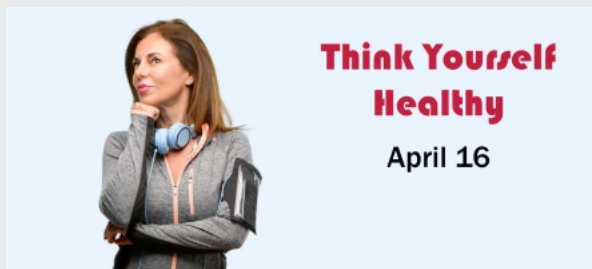
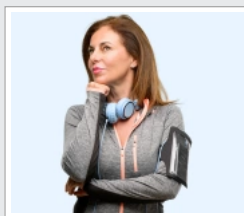
- The power of visualization
- Tips to improve your health and happiness

Register for the webinar [HERE](#).

The following is a list of upcoming UTEAP webinars:

- **Financial worries in the house** (April 23)
- **Coping with job loss: When friends and loved ones are laid off** (April 30)
- **Managing worry in worrisome times** (May 5)
- **The reasons we eat: Understanding emotional eating** (May 12)

For more information on upcoming webinars, additional health and well-being resources and how to login to UTEAP, visit [UHD's Employee Assistance Program \(UTEAP\) webpage](#).



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