



SAVE THE DATE:

Anthem EAP Sessions

Anthem EAP is excited to invite you to participate in our upcoming session on Men's Health and Elder Care!

Men's Health: Wednesday, April 16 from 12:40-1:30pm

Delivered by subject matter expert, Spencer Jones, a sought-after professional with years of experience in this topic. Men today have the power to take control of their health and lead longer, stronger lives. By the end of the session, you'll walk away with a personalized action plan packed with clear, impactful steps to elevate your well-being and thrive in every aspect of your life. Join us to take charge of your health and unlock your full potential!

Elder Care: Wednesday, April 30 from 12:40-1:30pm

Delivered by subject matter expert, Rena Rosenberg, a sought-after professional with years of experience in this topic. In today's world, it's increasingly common for one family member to shoulder the responsibility of caring for an elderly relative. We'll explore how family dynamics and past relationships can influence the ability to work together effectively and provide strategies for managing sibling relationships, resolving conflicts, and fostering cooperation among family members.

To Access the Anthem EAP Men's Health Sessions

1.Click on the Zoom Link below before the session to join or scan the QR code: <https://marin-edu.zoom.us/j/81817628605?from=addon>

2.Meeting ID:
818 1762 8605



To Access the Anthem EAP Elder Care Sessions

1.Click on the Zoom Link below before the session to join or scan the QR code: <https://marin-edu.zoom.us/j/87171580642?from=addon>

2.Meeting ID:
871 7158 0642



Register for these Anthem EAP April Sessions via the [ProLearning Workshop Calendar](#) or MyCOM. Sessions are open to all employees and students.