Join the UT Dallas Employee Assistance Program (EAP) for a lunch and learn session on “How to Be More Resilient in Your Life.”

Learn how to develop and strengthen your resilience and resources to help create a healthy work-life balance when we experience setbacks, such as work stress, financial problems, illness, natural disasters, divorce, or the death of a loved one. Learn to cope and recover from these setbacks in a positive way.

Registration is limited to 60 participants.

Register online by April 22nd to reserve your spot at: https://utdallas.qualtrics.com/jfe/form/SV_bHF69SETO3WQguN

Questions? Contact Nora M. Peña at Nora.Pena@utdallas.edu