Any staff member can access any of the programs by visiting **www.inova.org/eap**. You will need to use the username and password provided below to access your benefits. Navigate to the **Online Seminar**section and click on the **Read More: Online Seminars** button. You can also find previous seminars here too.

Username: **Creative**
Password: **Eap**

JAN	**Shine Your Light**	**Shine Your Light: Finding Your Inner Glow** Available on Demand Starting **Jan 21**	Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation.
FEB	**One Step Closer**	**Stride Forward** Available on Demand Starting **Feb 18**	Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones.
MAR	**Body to Brain**	**Harmony in Motion** Available on Demand Starting **Mar 18**	Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.
APR	**Organization**	**Clutter to Clarity: Organizational Skills for Better Living** Available on Demand Starting **Apr 15**	Explore how mastering organizational skills can transform your daily life by boosting efficiency, reducing stress, and creating more mental space.
MAY	**Unanswered Anxiety**	**Anxiety Unmasked** Available on Demand Starting **May 20**	Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties.
JUN	**Healthy Aging**	**Thriving at Any Age: A Guide to Healthy Aging** Available on Demand Starting **Jun 17**	Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved wellbeing as you age.
JUL	**Resilience and Adaptability**	**The Power of Resilience** Available on Demand Starting **Jul 15**	Build mental and emotional resilience in a dynamic world. Learn practical strategies for enhancing wellbeing and confidently navigating change.
AUG	**Community and Social Connections**	**Connectedness: Cultivating Meaningful Social Connections** Available on Demand Starting **Aug 19**	Explore the impact of strong social ties, community engagement, and volunteering on wellbeing. Learn how to deepen connections for a more fulfilling life.
SEP	**Social Media - Digital Health**	**Navigating Social Media for Mental Wellness** Available on Demand Starting **Sep 16**	Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens.
OCT	**Enlightened Workplace - Be Yourself**	**Authenticity at Work** Available on Demand Starting **Oct 21**	Handle health challenges, prevent burnout, support diverse needs from neurodivergence to chronic conditions. Create a healthier, authentic workplace.
NOV	**Sleep**	**Sweet Dreams: Strategy for Better Sleep and Better Health** Available on Demand Starting **Nov 18**	Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest.
DEC	**Proactive Wellbeing**	**Taking Charge** Available on Demand Starting **Dec 16**	Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey.