



Magellan
HEALTHCARE®

Create More Peace and Balance at Work and Home



Learn about available strategies and techniques for making the elements of your life to flow together more smoothly. This live webinar will:

- Define what peace and balance means in modern life.
- Describe how to set practical expectations as part of a healthy mindset.
- Identify strategies to help create calm and manage your work-life flow.

Call your Employee Assistance Program at 1-800-356-7089 (TTY 711) or visit MagellanAscend.com (enter company name) for helpful resources.