In conjunction with our EAP vendor, the SJU Wellness Committee is pleased to be able to make available the following Webinar:

- **December 18 at 2pm - Making “It’s a Wonderful Life” Your Holiday Stress Relief Goal** – The end of the year brings stress from a variety of sources from workplace deadlines to holiday frenzy. Participants will learn skills to take care of themselves during this stressful time of year.

Click on the name of the Webinar for a direct link to the registration. Once you register, an email will be sent to the email address you provided in the registration. Attendance is anonymous.