

HealthAdvocateSM



MENTAL HEALTH AWARENESS MONTH WORKSHOPS

**Wednesday, May 22, 2019 in
the GRI Lecture Hall.**

Available to all Getty staff.
No registration required.

May is National Mental Health Awareness Month. Join us for onsite workshops with Health Advocate, whom the Getty partners to provide our Employee Assistance Program.

Turn to us—we can help.



866.799.2728

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download the app today!

WORKSHOP SCHEDULE

—

10 AM – 11 AM
**AVOIDING
BURNOUT**

—

11 AM – 12 PM
**BALANCING
WORK/FAMILY/
LIFE**

—

1 PM – 2 PM
**STRESS
MANAGEMENT**

—

2 PM – 3 PM
MINDFULNESS

May 22nd

**GRI Lecture
Hall**

Refreshments will
be served!