



Caring for Your Mental Health as You Return to the Workplace

Going back to the office may be daunting for some. Learn tips for managing anxiety as you prepare to return to an in-person workplace environment.

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Wednesday, October 6

11:00 a.m. – 11:30 a.m.

Register Now

Space is limited.



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Call a Horizon Health Guide
at 1-800-414-SHBP to get started.

