

# **Employee Assistance Program Lunch and Learn**

**When:** April 28, 2015

**Where:** Galaxy Room C  
SU 2.602

**Time:** 12—1 p.m.

**Speaker:** Patrick Tiner, Director of EAP  
Angela Prior, EAP Specialist



Join the UT Dallas [Employee Assistance Program \(EAP\)](#) for a lunch and learn session on “How to Be More Resilient in Your Life.”

Learn how to develop and strengthen your resilience and resources to help create a healthy work-life balance when we experience setbacks, such as work stress, financial problems, illness, natural disasters, divorce, or the death of a loved one. Learn to cope and recover from these setbacks in a positive way.

Registration is limited to 60 participants.

Register online by April 22nd to reserve your spot at:  
[https://utdallas.qualtrics.com/jfe/form/SV\\_bHF69SETO3WQguN](https://utdallas.qualtrics.com/jfe/form/SV_bHF69SETO3WQguN)

Questions? Contact Nora M. Peña at [Nora.Pena@utdallas.edu](mailto:Nora.Pena@utdallas.edu)



Presented by the  
UT Dallas Wellness Committee  
[utdallas.edu / wellness](http://utdallas.edu/wellness)