

August Webinar Series



For Air Force Civilian Employees and Their Families

Tuesdays at 3pm EST

August 3

From New Parent to Working Parent

August 10

Moving Forward: Transitioning to the Next Normal

August 17

Art of Mindfulness

August 24

Estate and Tax Planning

August 31

**Mental Health & Suicide Prevention
Awareness**

To join the meeting:

Log on a few moments before the training is scheduled to start:

<http://magellanhealth.adobeconnect.com/rlj7g4nqu0ht/>

Attendance is limited to 100 participants. Webinars are recorded and will be posted under Learning Events tile on website 7-10 days following the live date! Log on to your EAP website through www.afpc.af.mil/EAP

