

# HealthAdvocate<sup>SM</sup>



## MENTAL HEALTH AWARENESS MONTH WORKSHOPS

### Wednesday, May 27, 2020

Available to all benefit eligible Getty staff.

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

Register via the links in this flyer. You may use your Getty or personal email address to register. A confirmation with the webinar information will be sent to your registered email.

Turn to us—we can help.



**866.799.2728**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

Download the app today!



## WORKSHOP SCHEDULE

10:00 AM – 10:45 AM

**STRESS  
MANAGEMENT**

**REGISTER BY  
CLICKING [HERE](#)**

11:00 AM – 11:45 AM

**EMOTIONAL  
WELL-BEING**

**REGISTER BY  
CLICKING [HERE](#)**

1:00 PM – 1:45 PM

**STAYING POSITIVE  
IN NEGATIVE TIMES**

**REGISTER BY  
CLICKING [HERE](#)**

Webinar registration  
required.

Please note webinar  
audio will play through  
your computer or device.  
There is no separate  
phone dial-in.