

APRIL 2025

# Monthly Webinar

## Organize Your Brain

Staying organized can reduce your stress and improve your productivity. Think about spending a few minutes each day tidying your space, creating a to-do list, or updating your calendar. A clear plan guides you to feel more in control.

**For login information, please contact  
Solutions EAP**

**TOLL-FREE:** 800-526-3485

**EMAIL:** [info@solutions-eap.com](mailto:info@solutions-eap.com)

**WEBSITE:** [www.solutions-eap.com](http://www.solutions-eap.com)

Solutions Employee Assistance Program

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

