



**33rd Annual
EPC Educational Vendor Fair**

Health & Wellbeing in the Workplace

Free Seminar

Sponsored by Anthem EAP

Presented by Mr. Matthew Selker

Wright State University's
Nutter Center
Berry Room 2

July 31, 2024

9:30 am – 10:30 am

- Definition of Stress
- Types of Stress
- Responding to stress
- What is Your Work Style
- Creating a Healthy Workplace
- Balance in Work & Life
- Making Smart Choices
- Eating Well & Exercise

RSVP: [HTTPS://EPCSCHOOLS.ORG/VENDORFAIR.HTML](https://epcschools.org/vendorfair.html)