



Excelling at Work & Life

Presented by TriHealth EAP®

Holistic Health- Webinar

Wednesday, July 10, 10 – 11 a.m.

Thursday, July 18, 12 – 1 p.m.

Holistic and Integrative health is an approach to wellness that goes beyond physical health. While physical health is an essential component of wellness, so too are emotional, spiritual, and social elements of health. We will explore multiple areas of wellness and identify traditional and holistic approaches to enhance wellness.

To register, call 513 977 2165,
scan the QR code, email
TriHealthEAP-CST@TriHealth.com
or [register online](#).



Diane Dew,
Health Coach;
Registered and
Licensed Dietitian;
Certified
Executive Coach

Diane has been a Health Coach with TriHealth since 2014, coaching in both the Executive Health arena as well as Condition Management (Diabetes and Musculoskeletal areas). Diane's personal mission is to provide all clients and consumers with the knowledge and behavior change tools essential to making optimal nutrition and wellness changes

Scan the QR code to register.



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