



Caring for Your Mental Health as You Return to the Workplace

Going back to the office may be daunting for some. Learn tips for managing anxiety as you prepare to return to an in-person workplace environment. Caring for Your Mental Health as You Return to the Workplace

Wednesday, October 6

11:00 a.m. – 11:30 a.m.

Register Now

Space is limited.



Earn \$250 or more with NJWELL! Call a Horizon Health Guide at 1-800-414-SHBP to get started.



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