



## #4Mind4Body Lunch and Learn Opportunities

### Substance Use

Wednesday, May 1, 11:30 a.m. to 12:30 p.m.  
Tennessee Tower, 3rd floor, rooms A&C

### Depression and Anxiety

Tuesday, May 7, 11:30 a.m. to 12:30 p.m.  
Tennessee Tower, 3rd floor, rooms A&C

### Raising Kids and Teens

Monday, May 13 11:30 a.m. to 12:30 p.m.  
Tennessee Tower, 3rd floor, room D

### Virtual Visits

Wednesday, May 29, 11:30 a.m. to 12:30 p.m.  
Tennessee Tower, 3rd floor, rooms A&C

All sessions available in-person or via webinar. No pre-registration required  
Please visit [tn.gov/partnersforhealth/other-benefits/eap](https://tn.gov/partnersforhealth/other-benefits/eap)  
for more information and to login to the webinar

