



# c&fs EAP

## Employee Assistance Program

### EMPLOYEE ENRICHMENT SEMINAR



## Karl Shallowhorn

Director of Community Advocacy,  
Mental Health Association of Erie County and  
Compeer Buffalo

### ***Workplace Wellbeing: It's Not Just Physical***

In today's culture most people think of wellness as typically focusing on physical health. This workshop takes this concept a step further and explores the mental and emotional dimensions of wellbeing.

- ✓ Learn about stress, anxiety, depression, and risk factors associated with these conditions
- ✓ Learn how to find balance in the course of your daily life
- ✓ Leave with a toolkit of healthy coping skills

*Karl Shallowhorn is the Director of Community Advocacy for the Mental Health Association of Erie County and Compeer Buffalo. He is a New York State Credentialed Alcoholism and Substance Abuse Counselor and has worked in both the addictions and mental health fields. Karl is the author of Working on Wellness: A Practical Guide to Mental Health and is a contributing writer and blogger for BP magazine and also writes his own blog: The Hope Shot. He is a certified Mental Health First Aid Instructor for adults, children, veterans, higher education and older adult communities. Karl is the Chair of Affiliate Relations for the Mental Health Association in New York State Board of Directors, the Erie County Mental Hygiene Community Services Board, the United Church of Christ Mental Health Network and the 4th and Forever Foundation.*

Call 716.681.4300 to book your EAP Employee Enrichment Seminar today!