



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Uncovering Purpose

For many, the search for purpose can be a lifelong journey. But there are ways to make the path more clear. Join us as we look closer at the idea of "purpose" - what it means and why it's important. We'll review ways to discover clues on your purpose. And discuss concrete moves you can make to incorporate it into everyday living.

**Wednesday, January 7, 2026**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

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**A Certificate of Attendance** is available for this presentation.

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