

# Unplugged: Digital Detoxing

## ONLINE SEMINAR

### Disconnecting to reconnect

Find the reasons why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.

### LET US HELP

Visit your home page starting July 19th

**TOLL-FREE:** 888-933-1327

**WEBSITE:** [www.NM.ORG/EAP](http://www.NM.ORG/EAP)

<https://helpwhereyouare.com/CompanyLogin/1572/NW>  
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**PASSWORD:** FCAC

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JULY 2022

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

