



Excelling at Work & Life

Presented by TriHealth EAP®



Volunteerism- Webinar

Monday, April 15, 10 – 10:30 a.m.

Tuesday, April 23, 12 – 12:30 p.m.

People volunteer for many reasons. They want to make a difference in the world, change a condition, or help others. In this session, we will discuss the impact volunteering has on your wellbeing and how it can help you feel more connected to your community and provide a sense of purpose

To register, call 513 977 2165,
scan the QR code, email
TriHealthEAP-CST@TriHealth.com
or [register online](#).



Alaphair Miller,
Wellness Coordinator,
Health Coach
Workplace Wellness &
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A graduate of Miami University in 2013 with a Bachelor of Science in Kinesiology and Health, Alaphair Miller has been an American College of Sports Medicine Certified Personal Trainer since 2014. As a wellness coordinator and health coach for TriHealth Corporate Health, Alaphair collaborates with employers to develop, implement, and promote strategic wellness programs that help employees to thrive, both personally and professionally.

Scan the QR code to register.



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