



**March 2024**  
**ONLINE SEMINAR**

## **Best (Furry)Friends**

**ONLINE SEMINAR**

Explore the extraordinary connection we share with our animal companions. Connect with us to understand how pets can enhance your mental and emotional wellbeing.

**This seminar will be available  
starting  
March 19<sup>th</sup>**

**[www.inova.org/eap](http://www.inova.org/eap)**

**YOUR EMPLOYEE ASSISTANCE PROGRAM**