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WELLBEING VIDEOS

Deer Oaks EAP Services is excited to offer wellbeing videos produced by an award winning wellbeing company, Caravan Wellness, as part of your EAP + Work-Life Benefit.

Videos are available on the EAP member website in 10+ languages (including 25 videos in English) on a varied range of topics, touching on mental, physical and practical wellbeing. In these 3-10 minute videos, local hosts explain or showcase their science-backed practices, techniques, and rituals, producing modern content that is designed to be quick, engaging, and effective.

Log on to the EAP member site and look for the Wellbeing Videos tile on the homepage.

