

DEC
2013

HOW DID YOU DO IT?

LITTLE STEPS TOWARD HEALTHY HABITS



EMPLOYEE ASSISTANCE PROGRAM



The end of the year brings thoughts of New Year's resolutions. Many of us want to lose weight or start an exercise program, but often lose interest because we've taken on too much. Why not start with smaller goals, like taking the stairs or cutting back on sweetened beverages? A few small changes can lead to a healthier you in the New Year.

Call or visit us online for help achieving your wellness goals.

TOLL-FREE:
800-822-4847

WEBSITE:
www.lifeserviceseap.com
USERNAME: **rutherford**
PASSWORD: **employee**

Available anytime, any day, your employee assistance program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

The Path to Inner Peace
DEC 17 — 12 pm, 2 pm ET

Through a greater examination of self, as well as of your personal and work environments, you can take steps down the path to inner peace.

