

2013

MAY

Work Life Resources



WANT TO GET PHYSICAL? Adding exercise to your daily routine

WEBINAR

Staying Fit at Work

May 21st

9:00am | 11:00am PT

As working adults, staying fit can be a challenge. Learn tips to add exercise and healthy eating to your workday.

Early registration is recommended. Space availability is on a first come, first served basis.

Adding a little more exercise to your daily routine can have great health benefits: however, between duties at work and obligations at home - it's hard to find the time.

Our tools and information can help you find ways to get your heart pumping no matter how busy your schedule.

YOUR WORK LIFE/EAP PROGRAM CAN HELP WITH:

- ✓ An online fitness assessment
- ✓ Articles and tip sheets on wellness topics
- ✓ Referrals to gyms and exercise classes
- ✓ Tips on health eating



CALL OR VISIT US ONLINE TO LEARN WAYS TO ADD EXERCISE TO YOUR DAY.

TOLL-FREE: (800) 777-4114

WEBSITE: www.FirstChoiceEAP.com



CLICK WORK LIFE RESOURCES TAB AND ENTER YOUR COMPANY'S USERNAME/PASSWORD. CALL US IF YOU DON'T KNOW THIS. SCROLL DOWN FOR ONLINE SEMINARS TO PRE-REGISTER.

Available anytime, any day, your Work Life/EAP service is a free, confidential program to help you balance your work, family and personal life.

First Choice Health™

Healthy Employees. Healthy Companies.™