



Food for Thought

ONLINE SEMINAR

Learn more about the connection between your plate and your physical health and uncover the keys to achieving a balanced diet that fuels your body with essential nutrients.

A photograph of a desk setup. On the left is a silver laptop. In the foreground is a bright green apple. To the right of the apple is a spiral-bound notebook with a grid pattern and an orange pencil. The background is a light-colored wooden desk.

APRIL 2024

LET US HELP

Visit the website below starting April 16th

WEBSITE: www.EAPHelpLink.com

TOLL-FREE: 1.800.999.1077

COMPANY CODE: DOUGLAS

YOUR EMPLOYEE ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL