

LET US HELP

Visit your home page starting Tuesday 3/18:

Website: [eap.wa.gov/worklife](https://helpwhereyouare.com/CompanyLogin/1669/DESWA)

Your Work/Life Access Code (to logon): <ASD>

Toll Free: 1-877-313-4455

The letters "eap" are below a radiating sun which contains a person with upraised arms

**Harmony in Motion**

ONLINE SEMINAR

Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.

MARCH 2025

**YOUR EMPLOYEE SUPPORT PROGRAM**

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**JANUARY 2024**