

LET US HELP

Visit your home page starting Tuesday 6/17:

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

ONLINE SEMINAR

Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved wellbeing as you age.

**Thriving at Any Age: A Guide to   
Healthy Aging**

JUNE 2025

**YOUR EMPLOYEE SUPPORT PROGRAM**

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**JANUARY 2024**