

**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.

LET US HELP

Visit your home page starting Tuesday 4/16:

WEBSITE: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

YOUR ORG CODE (to logon): <ASD>

TOLL FREE: 1-877-313-4455

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**APRIL 2024**

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