

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

**Mindful Eating**

**Cultivate mindful eating**

Know about the connection between your plate and your physical health. Nourish your body to nurture your mental wellbeing.

LET US HELP

TOLL-FREE: 1-877-313-4455

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

YOUR ORG CODE (to logon): <ASD>

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

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**APRIL 2024**