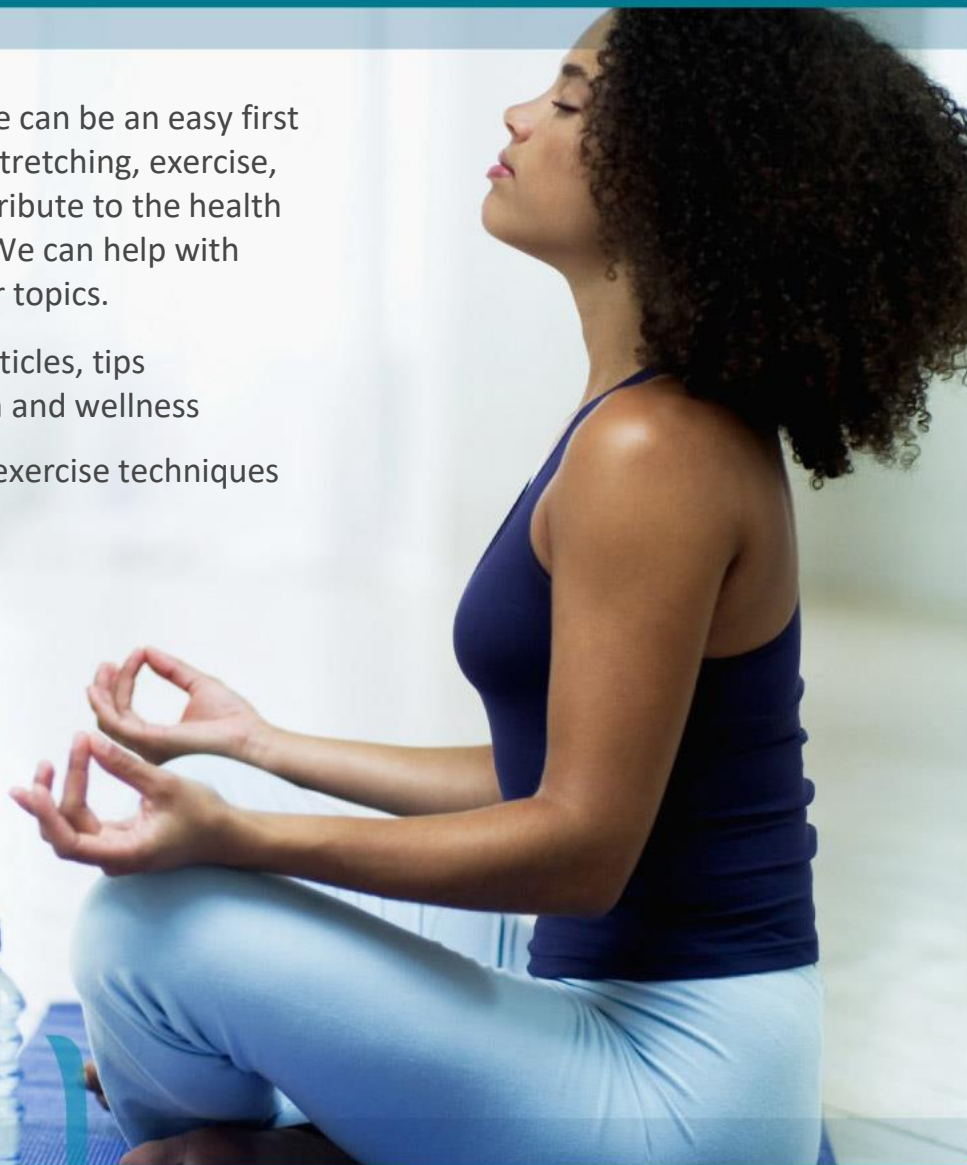


## YOUR EMPLOYEE ASSISTANCE PROGRAM

# *Free your mind— ease into health, energy and life*

Breathe. Taking time to breathe can be an easy first step in your path to wellness. Stretching, exercise, and eating well—these all contribute to the health of your body, mind and spirit. We can help with information on these and other topics.

- Comprehensive library of articles, tips sheets and videos on health and wellness
- Relaxation, stretching, and exercise techniques
- Health assessment tools
- Referrals to fitness centers, meditation classes, weight control programs, and more
- Resource links to helpful medical, nutritional, and mental health sites



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

TOLL-FREE: 800-346-0110

WEBSITE: [www.inova.org/eap](http://www.inova.org/eap)