



Small Steps to Better Health

Sometimes our goals for being healthy get lost in the shuffle. Many of us start the year with ambitious plans for getting healthier. But soon, we get off track. It's better to take small steps, with realistic goals, for better health.

Access your program for ideas on how a balanced approach to exercise and nutrition can boost your quality of life.



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com