

APRIL
2010

WELLNESS PATH:

Healthy choices you can live with—for life

LIVING IN REAL TIME LIVING IN REAL TIME

TIEMPO REAL VIDA EN TIEMPO REAL VIDA

WEBINAR



Nutrition Facts

Serving Size 1 cup (245 g)
Servings Per Container about 2

Amount Per Serving

Calories 180 Calories from Fat 45

% DV*

8%

Total Fat 5 g

4%

Stick With It!

Tuesday, April 20th
at 12pm, 2pm and 4pm EST

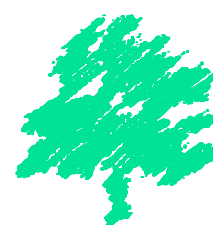
Examine strategies and tips to help you create your wellness vision and healthy living goals. Identify and learn techniques to overcome the common obstacles that often block the way to goal achievement.

Find registration information on your work-life website.

* Please note: Webinars are available only in English.

Lose 20 pounds. Quit smoking. Train for a marathon. Having wellness goals is important, but don't lose sight of how you reach them. Wellness is about changing lifestyle habits for a lifetime—not just for right now. Keep setting new goals for yourself and incorporate your healthy changes into your daily routine.

Your work-life service is always available to provide real-time support for real living. Call or log on to get started.



LifeServices EAP

Call toll-free 800-822-4847 or log on to www.lifeserviceseap.com