

Get Your Head In The Game

FOCUS ON THE NOW

ENCOMPASS
EMPLOYEE
ASSISTANCE
AND
WORK/LIFE
PROGRAM
JAN 2015



Learn the concepts of mindfulness to help reduce stress, let go of bad habits, and improve health.

ENCOMPASS Employee Assistance and Work/Life Program can help with:

- Articles and tip sheets on mindfulness and meditation
- Information on Relaxation at the Workplace and The Path to Inner Peace
- Material on breathing techniques and other relaxation tools
- Resources for wellness and relaxation

TOLL-FREE:

800-788-8630

WEBSITE:

www.encompass.us.com

Available anytime, any day, ENCOMPASS Employee Assistance and Work/Life Program is a free, confidential program to help you balance your work, family, and personal life.

