



Globally  
Strengthening People • Performance • Productivity

# Forever Young

## MIND, BODY, AND SPIRIT.

Learn strategies to look and feel your best as you age.

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

- Articles and tip sheets on fitness, exercise, and the aging process
- Resource links on strength training and bone health
- Videos on tai chi and healthy aging
- Audio on relaxation and breathing

TOLL-FREE: **800-788-8630**

WEBSITE:

**[www.encompass.us.com](http://www.encompass.us.com)**

Available anytime, any day, ENCOMPASS is a free, confidential program to help you balance your work, family, and personal life.



ENCOMPASS EMPLOYEE ASSISTANCE AND WORK/LIFE PROGRAM  
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