



Globally
Strengthening People • Performance • Productivity

ENCOMPASS EMPLOYEE ASSISTANCE AND WORK/LIFE PROGRAM JUN. 2017

Every day you can take steps to support your sense of personal well-being. Start today to brighten your path as you go the distance. Your ENCOMPASS Employee Assistance and Work/Life Program can assist you with a full selection of resources:

- Articles on mindfulness, mental health and exercise, and the importance of friendships
- Audio on relaxation and breathing
- Skill Builder training on healthy communication
- Information on volunteer opportunities in your community

MONTHLY PODCAST:

Exploring behavior changes to improve our lives makes sense, but how much change at once is sustainable? Join us to find some strategies for making changes that will last a lifetime

TOLL-FREE: 800-788-8630

WEBSITE: www.encompass.us.com

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

GOING THE DISTANCE

The path
to total
well-being

