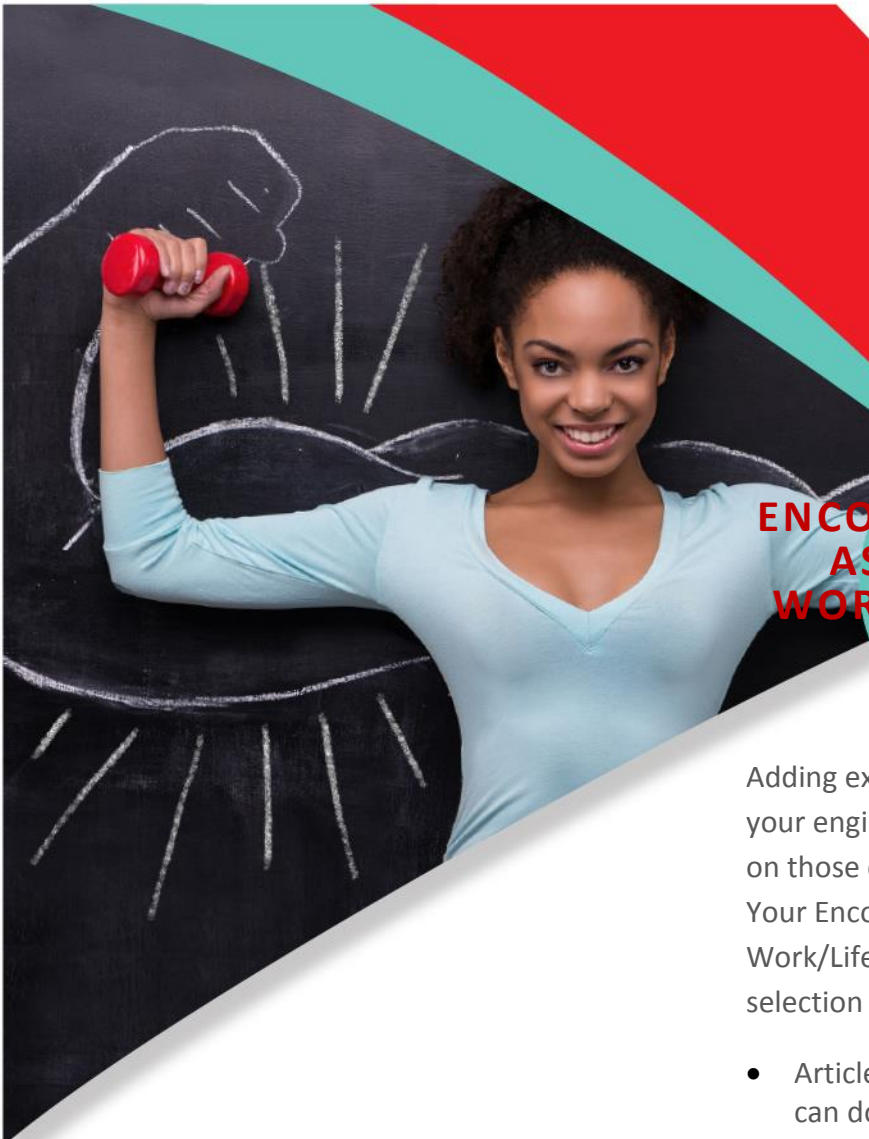




Globally
Strengthening People • Performance • Productivity



ENCOMPASS EMPLOYEE ASSISTANCE AND WORK/LIFE PROGRAM OCT. 2017

Adding exercise to your daily routine can help your engine run more efficiently and help you on those days where you need extra energy. Your Encompass Employee Assistance and Work/Life Program can assist you with a full selection of resources:

- Articles and tips on exercises you can do anywhere
- Full library of videos and slide shows of exercises and how they benefit you
- Resource links to the Alzheimer's Association and the Administration on Aging
- Downloadable Wellness Basics Handbook

MONTHLY PODCAST:

Sedentary behavior is the fourth leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.

TOLL-FREE: 800-788-8630

WEBSITE: www.encompass.us.com

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