



Your Employee Assistance Program

APRIL 2024

MINDFUL EATING

Cultivate Mindful Eating

Know about the connection between your plate and your physical health.
Nourish your body to nurture your mental wellbeing.



24/7 Helpline: 888-993-7650



Email: eap@deeroaks.com



Web: www.txhhsseap.com

Always Available
Free
Confidential

