



## 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](mailto:eap@deeroaks.com)



Web: [www.txhhsseap.com](http://www.txhhsseap.com)

**Always Available**  
**Free**  
**Confidential**

