

Finding Yourself Through Nature

ONLINE SEMINAR

Taking the path less traveled

Discover the importance of being outside and find your own way to enjoy nature, and increase your wellbeing.

LET US HELP

Visit your home page starting June 21st

TOLL-FREE: 888-933-1327

WEBSITE: www.NM.ORG/EAP

<https://helpwhereyouare.com/CompanyLogin/1572/NW>
[M](#)

PASSWORD: FCAC

JUNE 2022



YOUR EMPLOYEE ASSISTANCE PROGRAM

