

Self-Care: Better Care of Yourself

ONLINE SEMINAR

Being aware of self-care

Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.

LET US HELP

Visit your home page starting August 16th

TOLL-FREE: 888-933-1327

WEBSITE: www.NM.ORG/EAP

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

PASSWORD: FCAC

AUGUST 2022

YOUR EMPLOYEE ASSISTANCE PROGRAM

