



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.

## LET US HELP

**TOLL-FREE:** 888-933-1327

**WEBSITE:**

<https://helpwhereyouare.com/CompanyLogin/1572/>

[NWM](#)

**PASSWORD:** FCAC

**EMPLOYEE ASSISTANCE PROGRAM**

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**