

Forever Young

MIND, BODY, AND SPIRIT

Staying young isn't just about living a healthy lifestyle. Understanding the connection between mind, body, and spirit can help you remain youthful later in life. Healthy eating and exercise, staying connected to the world around you, and finding what nourishes your soul can help you to retain a youthful energy. Let your Employee Assistance Program help you to stay forever young.

Lighten Up With Laughter

Everybody needs a good laugh. Learn about the many benefits of laughter, and develop an action plan for improving humor in your life.

ONLINE SEMINAR

**Available on demand
starting December 20th**

To access Continuum HelpNet, simply log on to www.4Continuum.com, complete the member log in on the upper right hand side of the page. Then select HelpNet. From HelpNet's home page, scroll down to Online Seminars on the center of the page. Click on the webinar on or after the 20th.

Your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

