



# ACHIEVE YOUR GOALS



The employee assistance program (EAP) can help you be your best. What do *you* want to accomplish? The EAP is a free, confidential service that can support you with:

- weight loss
- eating healthier
- sticking to a budget
- managing stress
- improving your communication skills
- quitting smoking
- exercising more

Your goals are in reach. Start working toward yours today! The EAP can help you build a plan and determine the support you need.

Contact your EAP for confidential counseling and assistance any time!

[union bug]

1-800-XXX-XXXX | [www.achievesolutions.net/xxxx](http://www.achievesolutions.net/xxxx)