



APRIL 2024

Online Webinar

Food for Thought

Cultivate mindful eating

Know about the connection between your plate and your physical health. Nourish your body to nurture your mental wellbeing.

In this webinar you will explore the connection between your plate and your physical health and how eating mindfully can nurture your mental wellbeing.

**For login information, please contact
Solutions EAP**

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SOLUTIONS EMPLOYEE ASSISTANCE PROGRAM

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