



# WELL BODY AND MIND

LifeMatters® by Empathia can locate resources for improving your overall wellbeing. Call 24/7/365.

## 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

 [facebook.com/lifematterseap](https://facebook.com/lifematterseap) • [mylifematters.com](https://mylifematters.com)

**May Webinar:** A Holistic Approach to Health

Available on [mylifematters.com](https://mylifematters.com) in May

Sign up for an email alert on the “Upcoming Webinars” page (under “Quick Links”)

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

