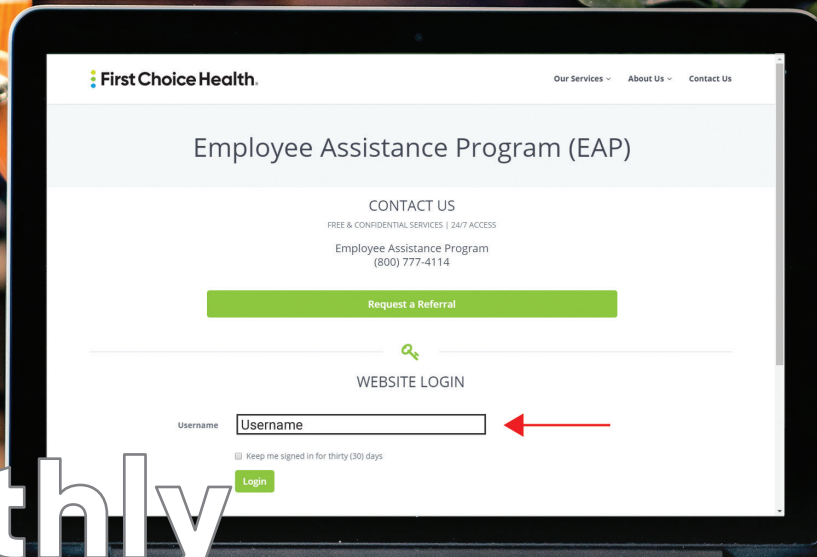


Monthly WEBINAR



Employee Assistance Program
January 2021

1hr
WEBINAR

What Stress and Diet Have in Common

EAP Webinars are available
anytime on-demand via the
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register!

Stress, inflammation, and diet have an interesting relationship.

Join us to learn how stress plays a part in your overall health. In this session, we will learn how to differentiate between normal and chronic stress. We will also uncover the effects of chronic stress on our hormones (and thus on our body weight). We will look at what nutrients your body needs when you are “stressed out”, plus some great stress management strategies.



Go to www.FirstChoiceEAP.com and enter your company's Username (if you don't know it, give us a call).

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