

GROCERY RUN



Making sense of nutritional information

Nutritional labels do a pretty good job of letting you know calories, fat grams, and fiber in a serving, but other terms used can be misleading. Your Employee Assistance Program is available anytime to help you learn to look beyond the hype to make sure you are getting the most nutritional value from your food.

ONLINE SEMINAR

Eating Your Way to Wellness

This session focuses on the USDA's MyPlate with tips and resources on how to eat your way to better and long-lasting health.

Visit your home page starting Jul. 17th:

www.EAPHelplink.com

CODE: IOWA

TOLL-FREE: 800-833-3031

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

