Employee Assistance Benefit News

**It’s Time for a Fresh New Start!**

Most of us will be happy to see the year 2020 in our rear-view mirror. While it might still be awhile before our lives return to normal, there are still many things within our own control.

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E-Learning Popular Picks

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Winter Wellness

Don't let winter keep you housebound when it comes to fitness.

- Walking, running, hiking, jumping rope, cross-country skiing, and ice skating are all good winter exercises.
- Choose outdoor activities and places where it's easy to stay 6 feet apart, like parks, yards, and open-air facilities.
- Dress appropriately, wear reflectors in dim morning or afternoon hours, and avoid wet or slippery surfaces.
- When weather is too cold or wet, substitute online videos or classes in yoga, aerobics, or resistance.

For more wellness tips, visit the EAP online Wellness Center or call a Certified Wellness Coach today!
the link below.

Click here to check them out! >>

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In the unprecedented era of the Zoom workplace, employers and employees need to take a step back and reconsider mental health in the place of work.

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Clients of ESI Employee Assistance Group have received this email to relay information about the employee assistance benefits for your organization. The EAP is a confidential benefit available to you, your employees and their family members.