Reach Your Financial Goals!

Whether you’re saving for retirement or your children’s college, thinking of a new home, or just trying to get a new car, reaching big financial goals can be tough. Your EAP can help in several ways.

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E-Learning Popular Picks

Check out a few popular picks from our 8,000+ E-Learning courses and trainings.

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How much exercise do you need?

Adults should get:
• 150 minutes of moderate intensity aerobic activity each week (brisk walking, light biking, mowing the lawn)

OR
• 75 minutes of vigorous intensity aerobic activity (running, shoveling, fast biking)

PLUS
• 2x per week some form of strength/resistance training

Exercise should take place in nonstop bouts of at least 10 minutes and preferably every day.

For more wellness tips, visit the EAP online Wellness Center or call a Certified Wellness Coach today!
To find more topics like this, We have many newsletters on a variety of subjects at the link below.

Click here to check them out! >>

RELATED RESOURCES

Pandemic toolkit: Covid-19 Vaccines, health & safety and more

With the promise of Covid-19 vaccines on the horizon, there is new hope for relief from the pandemic and a gradual return to normalcy in the new year.

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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.