

Quit It

DROPPING UNHEALTHY HABITS

EMPLOYEE
SUPPORT
PROGRAM
NOV 2015



Letting go of an unhealthy habit isn't easy. Once you start to associate behaviors like smoking with relaxing, or having ice cream while watching TV, they become part of your daily routine. Your first step is to make a decision to change that routine, and replace unhealthful habits with healthier ones. Your Employee Support Program can provide you with information and resources to help you quit that bad habit for good.

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

WEBINAR

Stick With It

Nov 17th — 12 pm, 2 pm ET

Using strategies developed by the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change.

TOLL-FREE: **800-346-0110**
WEBSITE: **www.inova.org/eap**
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