

JANUARY'S HEALTHY DIRECTIONS FOR THE NEW YEAR

LONG WAY TO THE WATER COOLER
Work up a thirst!

SALAD BAR
Eat something green instead of fried!

ELEVATORS
Stretch your legs while you wait!

FITNESS BREAK
Replace your coffee break!

FARTHEST PARKING SPOT
Get your blood moving!

Contact your EAP Coordinator



Employee
Assistance
Program

WellNYS
Everyday