



# Buddy-up in May!

## A fitness buddy will:

- ⊗ keep you company
- ⊗ motivate you to get up and move
- ⊗ drag you from your desk on dreary days
- ⊗ indulge in frozen yogurt with you  
after reaching your weekly fitness goals

Contact your EAP Coordinator



Employee  
Assistance  
Program

WellNYS  
Everyday