

Confused about what to put on your plate? Eating right doesn't have to mean denying yourself. A healthy mix of lean protein, low-fat dairy, whole grains, and fruits and vegetables can be both healthy and satisfying. We can help you learn to make the right choices with a library of health and wellness articles, tip sheets, assessments, and links to online resources.

Call or visit us online to get the answers to your health and wellness questions.

Go to [www.ers-eap.com](http://www.ers-eap.com), enter your company's username and password then look for the Webinar registration information at the bottom of the page.

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**WEBINAR** 

## EATING YOUR WAY TO WELLNESS

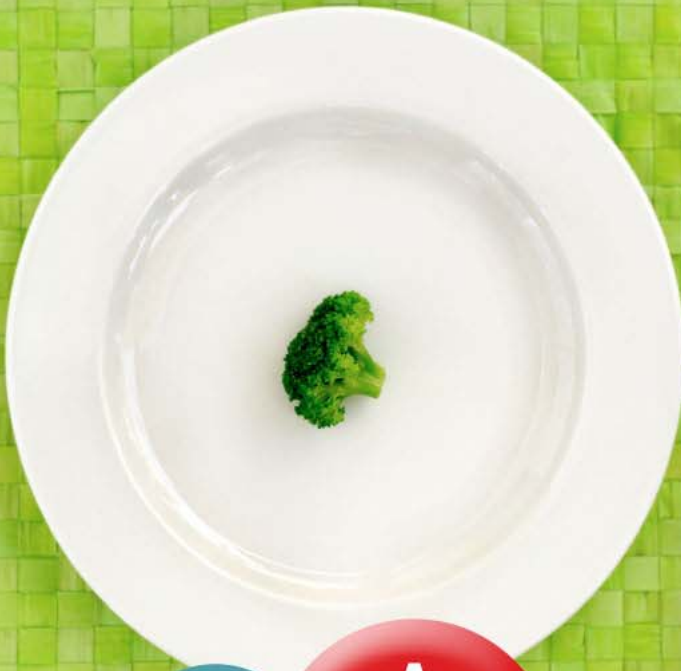
**MARCH 20TH**

11 am CST • 1 pm CST • 3 pm CST

**MARCH 21ST**

11am CST *en español*

Learn tips and resources to eat your way to better and long-lasting health based on the USDA new "My Plate" guidelines.



WHAT'S ON YOUR PLATE?

**NUTRITION FOR YOU AND YOUR FAMILY**



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