

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.

TOLL-FREE: **800-451-1834**

WEBSITE: **www.allonehealthheap.com**

USERNAME: **Wellesley**

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Available anytime, any day, your Work-Life/EAP service is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

EATING YOUR WAY TO WELLNESS

MARCH 20TH

12 pm • 2 pm • 4 pm ET

MARCH 21ST

12 pm ET *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**

