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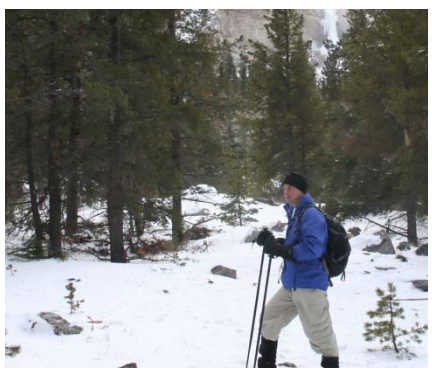
NUTRITION

Mindful Eating

Have you ever started snacking on something while watching TV and, before long, the box, bag, or plate you were eating from is totally empty?

For the full article, click here.

FITNESS



5 Things You Need to Know About Snowshoeing

This winter sport uses major muscle groups at high intensities, which allows you to improve or maintain your cardiovascular fitness and burn loads of calories.

For the full article, click here.

INTERPERSONAL

Top Concentration Killers

Find out what the top 12 concentration killers are, ways to identify them, and possible ways to avoid them.

To view the slideshow, click here.

STRESS RELIEF

Test Your Knowledge of Stress & Anxiety

Try taking this quick self-check and see what you know about staying stress-free. Remember, If you need assistance, your EAP is here to help!

To take the test, click here.

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