



Making Healthy Choices: For Your Body and Mind

**MINES
& ASSOCIATES**

*A National
Business Psychology Firm*

Having a hard time keeping that strict diet? Do you sometimes feel like your mind is spinning out of control? Keeping your body and brain healthy is no easy task, but it's essential to living a well-rounded life. Your EAP is always available to provide you and your family with resources and support.

For everything that comes up in your life, MINES is just a phone call away - 24 hours a day, seven days a week, including holidays.