

"I've been on a diet since I was twelve I reckon, on an off, and I just want to work out what might work for me and be something I can stick to."

"I used to be a good sleeper, but after mum died my sleep has really suffered. I just don't know what to do to fix it."

"My mind is just too busy and I can't concentrate properly and I'm starting to worry about silly things. I just need something to help me calm my mind."

"I know that during the pandemic I have started to drink more and now I'm worried I'm getting a bit dependent on it. My 1-2 glasses of wine has become 3-4 every day, not just weekends."

"Since my diagnosis with type 2 diabetes, I can't seem to get inspired to cook for myself any more and don't know what I should do."

"After just one session with Rebecca I learned two techniques for focusing my mind and feeling calm".

Nutrition & Lifestyle Assist

It's free, it's confidential, its time is now.

Right now, **Nutrition & Lifestyle Assist** is busier than usual for very understandable reasons. People across Australia have been impacted greatly by the pandemic and the economic consequences that will play out for a long time to come. It's a tough time for many employees right now.

Why not remind them about **Nutrition & Lifestyle Assist** for some practical support and guidance on the **health, sleep** and **diet issues** that I know are keeping them awake at night.

It's free to all employees and is fully confidential. Best of all, it's a flexible, super-tailored experience designed to help you with exactly what is making life tough for you right now.

So don't waste any more time, pick up the phone and call us on: **1300 OUR EAP**
(1300 687 327).



VIA PHONE

Go on, make it happen.