

JUNE 2022

Exploring Nature

Taking new paths into the outdoors

Being in nature may reduce stress and increase positive feelings. Find ways to get outside and enjoy nature. We can help.

LET US HELP

HELPLINE: 866-327-2400

WEBSITE: www.deeroakseap.com

EMAIL: eap@deeroaks.com

Always Available | Free | Confidential



YOUR EMPLOYEE ASSISTANCE PROGRAM

