

## **STRESS EATING**

If you eat too much when you are stressed or upset, LifeMatters® can help. Call 24/7/365.

## 1-800-634-6433

mylifematters.com · Text\* "Hello" to 61295

Assistance with Life, Work, Family, and Wellbeing

**April Webinar:** Emotional Eating Available on mylifematters.com in April Sign up for an email alert on the "Upcoming Webinars" page (under "Quick Links")

\*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel. SMS terms of service at https://www.empathia.com/smsterms.pdf Privacy policy: https://empathia.com/privacy.pdf

