Stress Eating

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

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com

April Webinar:

Emotional Eating

Available on mylifematters.com in April

﻿Sign up for an email alert on the “Upcoming Webinars” page (under “Quick Links”)

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

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