

## **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

## mylifematters.com

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")

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

