

a better you

a bi-weekly message from your New Directions EAP


Sign up for **A Better You** today for inspiring images, quotes, mental health tips and resources to encourage you throughout the month.

Your New Directions EAP makes your life easier and provides help with things like relationships, stress, money and more.

Questions? Connect with your HR department.



SUBSCRIBE TODAY:

1. Go to eap.ndbh.com
2. Login with your company code:
XXXX
3. Select  **Get Inspired** under the webinar section near the bottom of the website
4. Enter your information & submit!

800-624-5544



eap.ndbh.com