



LIFESTYLE EAP
Wellness at Work



Nutrition Consultation

Lifestyle EAP assists individuals seeking nutritional knowledge, guiding you toward goals that promote a healthy lifestyle. Speak with a nutritionist and/or registered dietician for a 60 minute consultation on topics such as:



- Child Friendly Meals
- Diabetes
- Food Allergies
- Gastrointestinal Problems
- Healthy Eating
- High Blood Pressure
- High Cholesterol
- Lactation
- Weight Management

Lifestyle EAP Services are free, confidential & available to both employees and their family members.

Contact us at [1-800-989-3277](tel:1-800-989-3277) or www.lifestyleeap.com