



Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Join the 30 Day Weight Loss Challenge



Connect with us and find out how easy it is to take advantage of our professional advice and see results with our 30 Day Weight Loss Challenge. Through your EFAP Nutrition Support Services, our professionals are ready to help you with:

- Personalized consultations for effective and individual results
- Empowering and motivating you to engage in your new health journey
- Making positive changes to your diet to address weight gain
- Creating healthy habits to benefit your energy, mood, concentration, and productivity
- Adopting a nutrient-rich diet to fuel the body and mind

Let us help you reach your goals. Call us today.

Nutrition Support Services are provided through telephonic consultations with our professionals or a Health and Wellness Resource Kit to use at your own pace at home. Your initial consultation offers an assessment and education component and can include goal definition and action planning. Follow-up sessions ensure you are on track to achieving your goals.

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