

WHAT'S YOUR  
*New Year's*  
RESOLUTION?

Did you know that 92% of people struggle to keep their New Year's resolutions? It's easy to set big goals, but even harder to stick to them.

Don't let your goals slip away. We are here to support you in achieving your New Year's resolutions, no matter how big or small.

To make an appointment with a counselor,  
reach out to us at 800-526-3485

Solutions EAP provides free, short term,  
and confidential counseling for  
employees and their families.

