NYS Balance
Resources for Work & Life

FOR NYS EMPLOYEES

www.nysbalance.ny.gov

DECEMBER: HEALTHY EATING

Maintaining your healthy lifestyle

MONTHLY WEBINAR

Eating Your Way to Wellness

Thursday, December 15, 2011
12:00 p.m. - 1:00 p.m.

We always hear about having healthy eating habits. This session will help you improve your eating patterns, focusing on MyPlate*, with tips and resources on how you can eat your way to better and long lasting health.

REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

*From the new 2010 Dietary Guidelines from the Dept of Agriculture and Health and Human Services.

RESOURCES: CONSULTANTS AND WEBSITE

Healthy eating is key to a healthy lifestyle. A few changes to your diet can help you feel and look better. Learn the habits of healthy eaters to lose or maintain weight, and to make sure you are getting the most out of your diet.

NYS-Balance can help you on a path to a more healthful diet and your other wellness goals. We have online wellness assessments, a library of articles on heath and fitness, referrals to nutritionists and other health experts, and weight loss programs.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

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To access the service, contact your Human Resources Officer or EAP Coordinator for the website log-in information or the toll-free number.

life less complicated