


A teal circular graphic containing the text "EMPLOYEE SUPPORT PROGRAM OCT. 2017".

**EMPLOYEE
SUPPORT
PROGRAM
OCT. 2017**

A photograph of a smiling woman with dark hair in a ponytail, wearing a light blue long-sleeved shirt. She is lifting a pair of red dumbbells with her right arm. The background is a chalkboard with a chalk drawing of a person's head and shoulders.

Adding exercise to your daily routine can help your engine run more efficiently and help you on those days where you need extra energy. TEAM can assist you with a full selection of resources:

- Articles and tips on exercises you can do anywhere
- Full library of videos and slide shows of exercises and how they benefit you
- Resource links to the Alzheimer's Association and the Administration on Aging
- Downloadable Wellness Basics Handbook

TOLL-FREE: 800-634-7710
WEBSITE: www.team-mn.com

PASSWORD: Call TEAM for the password

Available anytime, any day, TEAM is a free, confidential program to help you balance your work, family, and personal life.

ENERGY BOOST

An active
approach
to well-being