

# Heads Up

## TIPS FOR BETTER BRAIN HEALTH

EMPLOYEE  
SUPPORT  
PROGRAM  
OCT 2015



### Learn ways to keep your brain nourished and fit as you age.

Your Employee Support Program can help with:

- Articles and tips on aging and brain health
- Audio on causes of memory loss
- Resource links to the Alzheimer's Association and the Administration on Aging
- Support for caregivers

TELEPHONE NO.:

**815-398-7483**

WEBSITE:

**[www.eapathways.com](http://www.eapathways.com)**

COMPANY CODE: **raar**

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

