



## Work-Life EAP

The Work-Life EAP is available to all members of the CPCO LTD Benefits Plan. Members can visit the website for information or call directly for information anytime 24 hours a day, 7 days a week at 877-630-6701.

Resources can be accessed through the website:

- \* Website: [www.lifebalance.net](http://www.lifebalance.net)
- \* English password and ID: rbceng
- \* French password and ID: rbcfr

This month's topic is **Health**. Read a variety of articles on how to eat properly and stay fit as you grow older.

Other topics on the website include:

Parenting & Child Care  
Midlife & Retirement  
Disability  
Legal  
Work  
Health  
Addictions & Recovery  
This Month's Feature  
Self Assessment Tools

Education  
Older Adults (Eldercare)  
Financial  
Everyday Issues  
Managing People  
Emotional Well-Being  
Student Life  
Featured Tools