While losing weight is theoretically simple – burn off more calories than you consume – the emotional battle and need for a quick fix often sets us up for failure. For long-term results, one must stick with a plan that combines proper nutrition and exercise...AND deals with the underlying issues that caused the weight gain and or lack of motivation towards exercise. “I always say you can’t just work on the outside, you HAVE to work on the inside or the transformation won’t stick!” Heidi Powell, Extreme Weight Loss

This is where the EAP can be of assistance to you. New Directions, MWSU’s EAP provider, understands that if one part of your life is out of balance, it affects your whole life. Their goal is to target what you want to achieve with information, short-term counseling and referrals to guide you to resources for legal, financial, substance abuse, depression, marriage issues, stress, healthy lifestyle, child care and elder care, etc.

- Services cost you nothing.....MWSU has already paid for them.
- Services are confidential.....No one will know that you’ve called the EAP.
- To contact the EAP, call New Directions 24 hours a day, 7 days a week at 800-624-5544. www.ndbh.com