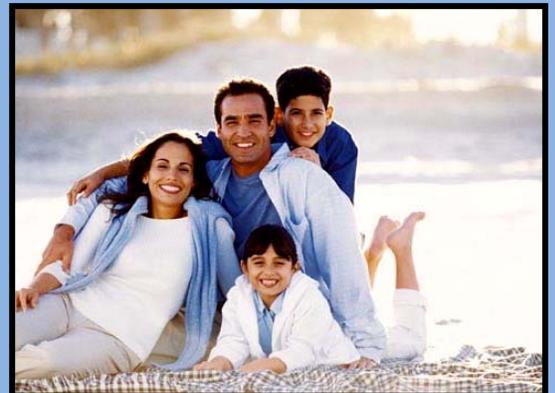


# WELLNESS LIBRARY

As a valued employee of **City of Riverside**, we want to remind you of the availability of your "Wellness Library" - a website which is designed to provide to you *and your family members* supportive information on most wellness topics, and includes current articles, news, research and resources.

You can easily access the Wellness Library at any time, day and night, and confidentially browse and search through dozens of topics of particular interest, such as:

- addressing family and parenting issues
- mastering your emotions
- overcoming anxiety and stress
- healthy living, i.e. diet, nutrition, smoking cessation, eating disorders
- alcohol & substance misuse/abuse
- and MANY more!



You can access your Wellness Library by going to [www.CAEAP.com](http://www.CAEAP.com) and clicking on the "Wellness Library" button located on the left-hand side of the web page. Users will need to type in your organization's Login and Password, as provided below, read and accept the Terms of Use statement, and click on the "SUBMIT" button.

**It's THAT easy!**

Your Organization's Login and Password are:

**Login: Riverside**

**Password: Riverside**

