

WANT TO GET PHYSICAL?

ADDING EXERCISE TO
YOUR DAILY ROUTINE



EMPLOYEE SUPPORT PROGRAM



Let us help you find easy ways to add fitness to your busy day.

Your Employee Support Program can help with:

- An online fitness assessment
- Articles and tip sheets on wellness topics
- Referrals to gyms and exercise classes
- Tips on healthy eating

Call or visit us online to learn ways to add exercise to your day.

TOLL-FREE:

800-777-9376

WEBSITE:

www.CAEAP.com

USERNAME: **Riverside**

PASSWORD: **Riverside**

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



COMMUNITY ACTION



EMPLOYEE ASSISTANCE PROGRAM