

# Keep Your Resolution and Discover a Better You



**Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**



## How can counseling help keep your New Year's resolution?

We usually know what we need to do to keep us on track, like:

- Eating healthier
- Exercising more
- Organizing ourselves at home and at the office
- Managing our money more wisely
- Working on relationships

But change is hard. Sometimes talking to a counselor can help us understand more about ourselves so we can live better. Use this free service and get connected with a counselor. Call First Sun EAP today.

*First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.*

*All counseling services are confidential in compliance with the law.*

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee  
& Family

Member Services