

# Your guide to thriving

MARCH & APRIL 2026  
MEMBER NEWSLETTER



## Simple food swaps for better nutrition

Eating healthier doesn't require strict diets or major life changes. Making a few simple ingredient swaps like these can lead to better nutrition and overall health.

- ✓ **Rethink your carbs** by choosing whole grains like quinoa, brown rice, or whole-grain bread instead of white rice, pasta, or white bread.
- ✓ **Pick lean proteins** like chicken, fish, tofu, or beans (or plant-based options) instead of processed meat.
- ✓ **Choose healthier fats** like avocado, nut butter, or olive oil instead of butter or margarine.
- ✓ **Enjoy naturally sweet treats** like bananas, berries, or dates/date-based bars instead of baked goods with added sugar.



### Featured webinars

**March:** Do Your Bucket List

**April:** Financial and Mental Health

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## The health benefits of owning a pet

Pets offer more than companionship. They support mental and physical health by reducing loneliness, encouraging daily movement, and bringing comfort to everyday life.



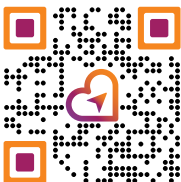
## How to manage stress hormones

Stress hormones help your body manage challenges, but when they're constantly high, they can affect your health. Reduce their impact with rest, gentle movement, and eating regularly.



## Healthy eating for a productive workday

What you eat at work impacts your energy and focus. Balanced meals, healthy snacks, and staying hydrated help you stay sharp and avoid energy crashes.



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