

Eating Well Nutritional Counselling Program

Whether you want to lose weight, develop better eating habits, or simply take better care of yourself, the **Eating Well Nutritional Counselling Program** can provide the support and guidance you need to succeed.

Designed to help you improve your overall health, the program features **telephonic counselling sessions with registered dietitians**—at your convenience, as well as:

- A detailed exploration of your history, eating patterns and habits, as well as emotions that may be linked to eating.
- Educational materials to reinforce learning.
- An exploration of nutrition support throughout the lifespan (pregnancy, childhood/teens, adulthood and older adults).
- Support on specialized issues (needs of athletes, vegetarianism, and allergy related concerns).

How to access nutritional counselling

To find out more about the Eating Well program or to participate, call the toll-free EAP number any time, 24/7, to connect with a program consultant for a referral.

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