

Thought of the Week

January – Healthy Aging

What would you tell your younger self about the meaning of life? Chances are that your answer to this question can still be achieved.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for “Healthy Aging.”



EAP Thought of the Week is developed for Sentara EAP clients by the Sentara EAP staff. Sentara EAP assists with challenges at home or at work. To schedule a confidential appointment with a licensed clinical professional, call 1-800-899-8174.

Visit our website at www.sentaraEAP.com for additional topics and information.