## EMPLOYEE ASSISTANCE PROGRAM

## START YOUR DAY WITH A GLASS OF WATER

Drinking a full glass of water in the morning can aid digestion, flush out toxins, enhance skin health, and give you energy.



1-866-EAP-4SOC (1-866-327-4762) TTY USERS SHOULD CALL: 1-800-424-6117 eap.calhr.ca.gov ©2023 Magellan Health, Inc.

