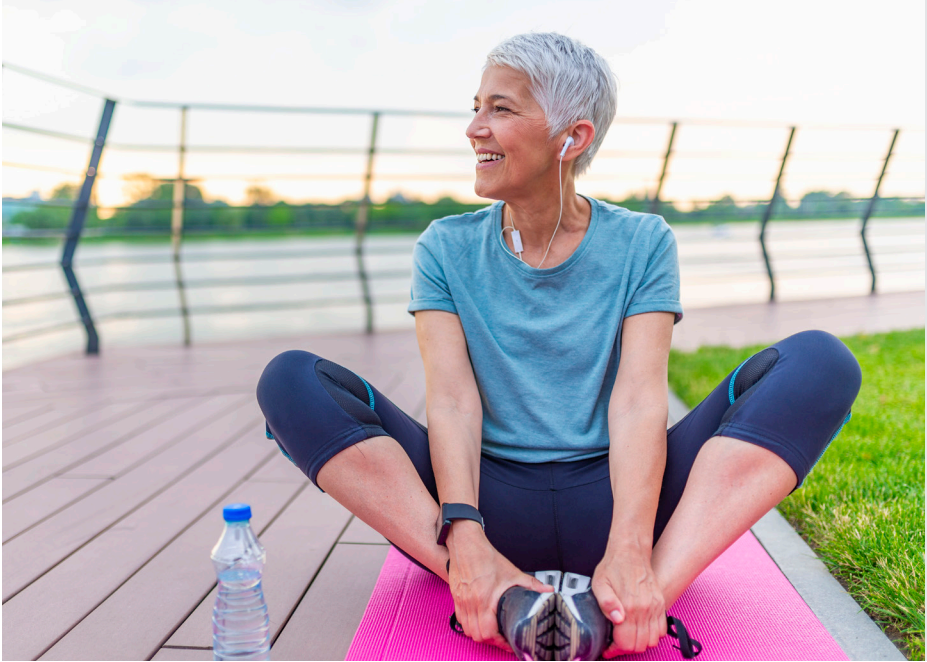


# The Magic of Motivation



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

## Empower Yourself with a Powerful Resource

Motivation is the willingness to do something. What are you willing to do? What motivates you? Being motivated can lead to healthy lifestyle changes, reaching your goals and doing the exciting things you've always wanted to tackle!

Our Well-being and Training Center is a powerful resource that will help motivate you. We have a large selection of topics filled with helpful information in the form of articles, assessments, webinars and quizzes that can keep you motivated!

### Check Out Our Wellness & Training Center Topics

- » Relationships
- » Emotional Well-being
- » Financial Wellness
- » Resilience
- » Personal Growth
- » Health
- » Legal
- » Recipes

*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