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Introduction to the Wellbeing Hub for your intranet

Introducing EAP Services and Habit Health's Wellbeing Hub

Our friends at EAP Services and Habit Health (our EAP counselling provider) have launched the **Habit Health Wellbeing Hub**, to help you find trustworthy advice on physical and mental wellbeing at your fingertips.

Whether you're looking to manage your personal health and fitness or foster healthy workplace relationships, the Hub provides information and tools to help you tackle challenges before they become overwhelming.

Simply visit www.wellbeinghub.co.nz to sign-up and get started.