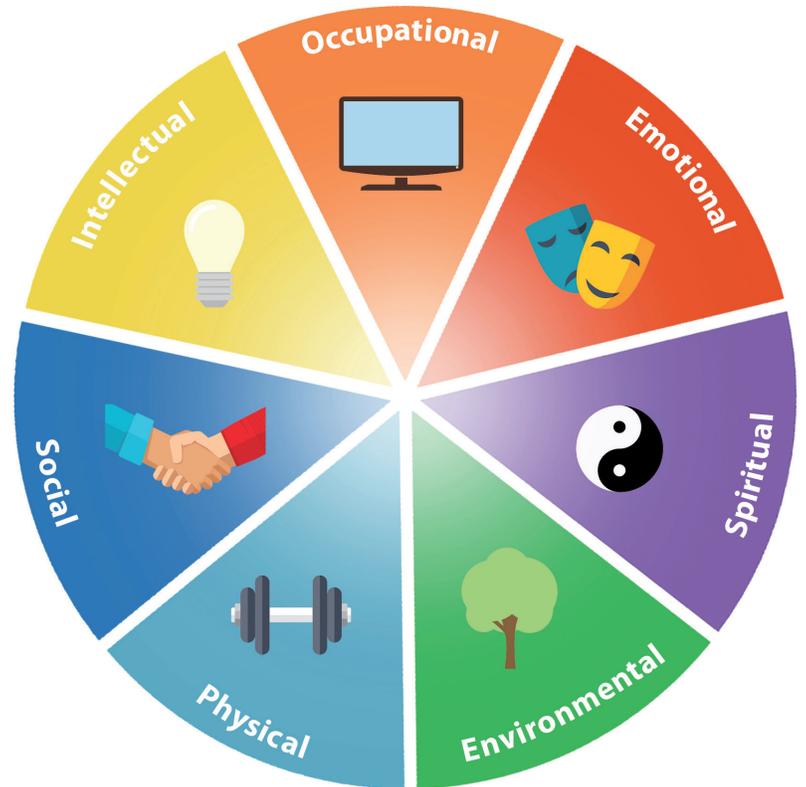


# Whole-Person Wellbeing

A **Whole-Person** wellbeing approach recognizes how all areas of our life are interrelated.

Think about how you connect to others, your ability to cope with life's challenges, and your ability to get personal fulfillment from your job.

These are part of **social**, **emotional**, and **occupational** wellbeing.



Want to learn more about a holistic approach to wellness and how your EAP benefit can **improve your quality of life**?  
Login to the EAP member site:

1. Go to [cascadecenters.com](https://cascadecenters.com)
2. Click 'Member Log-In'
3. First time user? Register and enter your company name

## Cascade Centers EAP

call: 800-433-2320

text: 503-980-1777

email: [info@cascadecenters.com](mailto:info@cascadecenters.com)

visit: [cascadecenters.com](https://cascadecenters.com)

