

January is... International Quality of Life Month

How do you define quality of life?

The definition of quality of life is different for everyone, but the main element is our ability to enjoy all that life has to offer and to pursue a life full of meaning and purpose.

Other elements at the center of quality of life:

- Physical Health
- Mental Health
- Stability
- Personal Growth
- Community Involvement
- Happiness
- Meaning
- Relationships
- Activity
- Spirituality



Wherever you are in the spectrum of health of quality living, start looking at what you can do to not only maintain your current status but to also improve it. Having the ability to make choices about what you want to do with your time will shape your quality of life.

Your EAP can help!

Cascade can help you assess your current Quality of Life and guide you to resources for improvement. Call now to learn about the resources available to you for living a fulfilling and high quality life.



How to Access Your EAP:

- Call Cascade Centers, Inc. toll free at: **1-800-433-2320**
- Email esupport@cascaDECENTERS.com
- Visit www.cascaDECENTERS.com for more information