

Let's Get Healthy!

It's never too late to make healthy eating a priority. DLA Life Connections, a DES-Family Support Program can help you get started today:

- Log on to access quick tips, articles, webinars, and downloadable guides to help you get healthy
- Call to request free guides on healthy eating, healthy eating for children, weight loss, and portion control



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DLA Life Connections, a DES-Family Support Program, is provided at no cost to you—so try it today!

Contact DLA Life Connections at 866-426-0390

(TDD/TTY: 800-873-1322)

Overseas? Dial 203-925-2145 (TDD/TTY 203-291-3418) and ask operator to reverse charges.

or at www.worklife4you.com

Screen name: **DLA** (case sensitive)

Password: **DLA** (case sensitive)

