

JANUARY 2026

YOUR EMPLOYEE SUPPORT PROGRAM



## Staying on Track:

7 Practical Strategies for Goal Commitment

Available on Demand Starting Jan 20

Learn practical tools to stay consistent, overcome setbacks, and achieve what matters most. We'll also explore simple ways to stay motivated and build habits that keep you moving forward.

### LET US HELP

Visit your home page starting January 20th

**WEBSITE:** [www.bhoptions.com](http://www.bhoptions.com)

**COMPANY CODE:** CCSD

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**