



Did you know your
Wellness Work/Life
Program offers...

...HELP WITH HANDLING HOLIDAY STRESS?



*The Holiday season can be a joyful time filled with family and friends. For some, it can also be a time of added stress and even sadness. Your **Wellness Work/Life Program** offers a menu of services to help you including the following:*

- * **www.wellnessworklife.com** articles, videos and tip sheets about:
 - Holiday Stress**
 - The Holiday Blues**
 - Financial Advice**
 - Health and Fitness Resources**
- * **One-on-One Counseling for Stress** or whatever may be bothering you
- * **Budget and Debt Counseling**
- * **Work/Life Resources** to help you find camps or childcare resources during the holiday break from school

We are here to help... 800.828.6025 24 hrs/7 days a week