...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