

IT'S THE MOST WONDERFUL TIME OF THE YEAR...



*Until you realize that you're running on stress  
instead of joy!*

DON'T FORGET THAT TAKING CARE  
OF YOURSELF DOESN'T HAVE TO WAIT  
UNTIL AFTER THE HOLIDAYS.

To make an appointment with a counselor,  
reach out to us at 800-526-3485



Solutions EAP provides free, short term, and confidential counseling for employees and their families.

