Stay balanced this holiday season

Have your recent holiday seasons been more about stress than about comfort and joy? Often we try to do too much, and we end up feeling more stress than enjoyment during this festive time of year. Instead, it helps to seek *balance* during this time.

Access your program for tips on balancing all aspects of life.

**Call today or log on to**
**www.EAP4YOU.com.**

800-327-4968
(800-EAP-4-YOU) TTY: 877-492-7341
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