

EMPLOYEE ASSISTANCE CENTER

Make the holidays shine bright— your help for a stress-free holiday season

The holiday season is a time for celebrations, gift giving, and reconnecting with family and friends. But the season can also bring with it added stress due to high expectations to have that perfect holiday. Employee Assistance Center can help you make the holidays your own.

- Articles on healthy holiday eating and holiday safety
- Tools for stress management and relaxation
- Financial resources
- Articles on relationship issues and concerns
- 24/7 program access



IMPROVING LIVES AT HOME AND AT WORK

TOLL-FREE: 800-227.0905

E-MAIL: employeeassistancecenter@eaccare.com

WEBSITE: www.eacworklife.com

USERNAME: _____