



# Making a Life While Making a Living: Work-Life Balance



## July

Visit your home page starting  
July 16th:

**TOLL-FREE:**  
800-633-3353

**WEBSITE:**  
[www.mygroup.com](http://www.mygroup.com)

**USERNAME:**  
Organization specific

**PASSWORD:**  
guest

**WHATEVER YOU NEED,  
WE ARE HERE TO HELP.**

*Just call or log on to get started.*

## ONLINE SEMINAR

The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. Balancing what needs to be done in an effective manner can lead to more satisfaction with both home and work lives, personal and professional.

This session will help participants identify various ways to achieve balance with personal, family and work responsibilities.

Your Employee Assistance Program help you achieve balance today, available 24/7.