



We help the kids become the caregivers

Caring for aging relatives requires a lot of logistics and love. Let us help you with the former so you can focus on the latter.

We can connect you with local providers that offer care for seniors, including senior activity centers, in-home care services, and even food delivery options. Don't face caregiving alone. Learn how we can help.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL-FREE: 1-800-822-4847 WEBSITE: www.lifeserviceseap.com

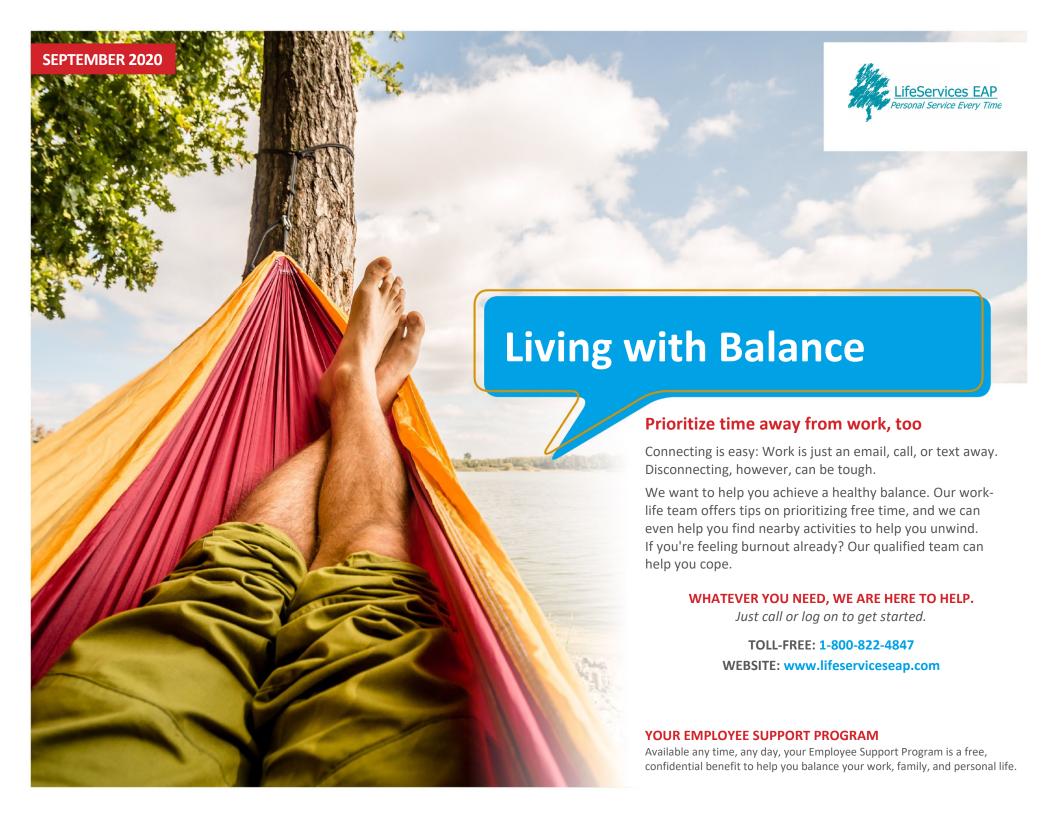
YOUR EMPLOYEE SUPPORT PROGRAM

Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family, and personal life.















Being Thankful

Gratitude gives back to the grateful

Try something. Think of three things you're grateful for, major or minor. Have them? Chances are, you're a bit happier. Embracing gratitude creates positivity and builds emotional resilience.

If you struggle with gratitude—or negatively compare your life with others'—we can help reframe your view. Gratitude isn't just nice; it's important. We can help you find it.

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