

Making and Breaking Tradition



DOING THE HOLIDAY YOUR WAY

The holidays are a time rich with family tradition. But what if your family doesn't fit that traditional image? It's time to let go of the stress of trying to create the perfect holiday and form traditions of your own. Your Member Assistance Program is here to help with information and resources to help you do the holiday your way.

ONLINE SEMINAR

Available on demand starting November 15th

Holidaze: How to Enjoy the Holidays and Minimize Holiday Stress

Is stress getting in the way of your holiday enjoyment? Explore ways to minimize the tension and increase the fun for all involved.

Online seminars can be found on your home page, or you can search for them by title.

TOLL-FREE: **800-624-2593**

WEBSITE:

www.nationaleap.com

USERNAME: **COMPANY NAME**

PASSWORD: **COMPANY NAME**

Available anytime, any day, your Member Assistance Program is a free, confidential program to help you balance your work, family, and personal life.



MEMBER ASSISTANCE PROGRAM NOV. 2016