



# Free YOURSELF

## Becoming organized and clutter-free

Get a fresh start on the New Year by conquering the clutter. Cleaning out closets, donating items you no longer use, and organizing paperwork are great first steps to a clutter-free environment.

Your Employee Assistance Program can help with:

- Articles on recycling and home organization
- Referrals to local charities for donations
- Discounts on home organizing tools
- Referrals to professional home organizers

### CALL OR VISIT US ONLINE

TOLL-FREE: 800-624-2593

[www.nationaleap.com](http://www.nationaleap.com)

USERNAME: **your company name**

PASSWORD: **your company name**



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