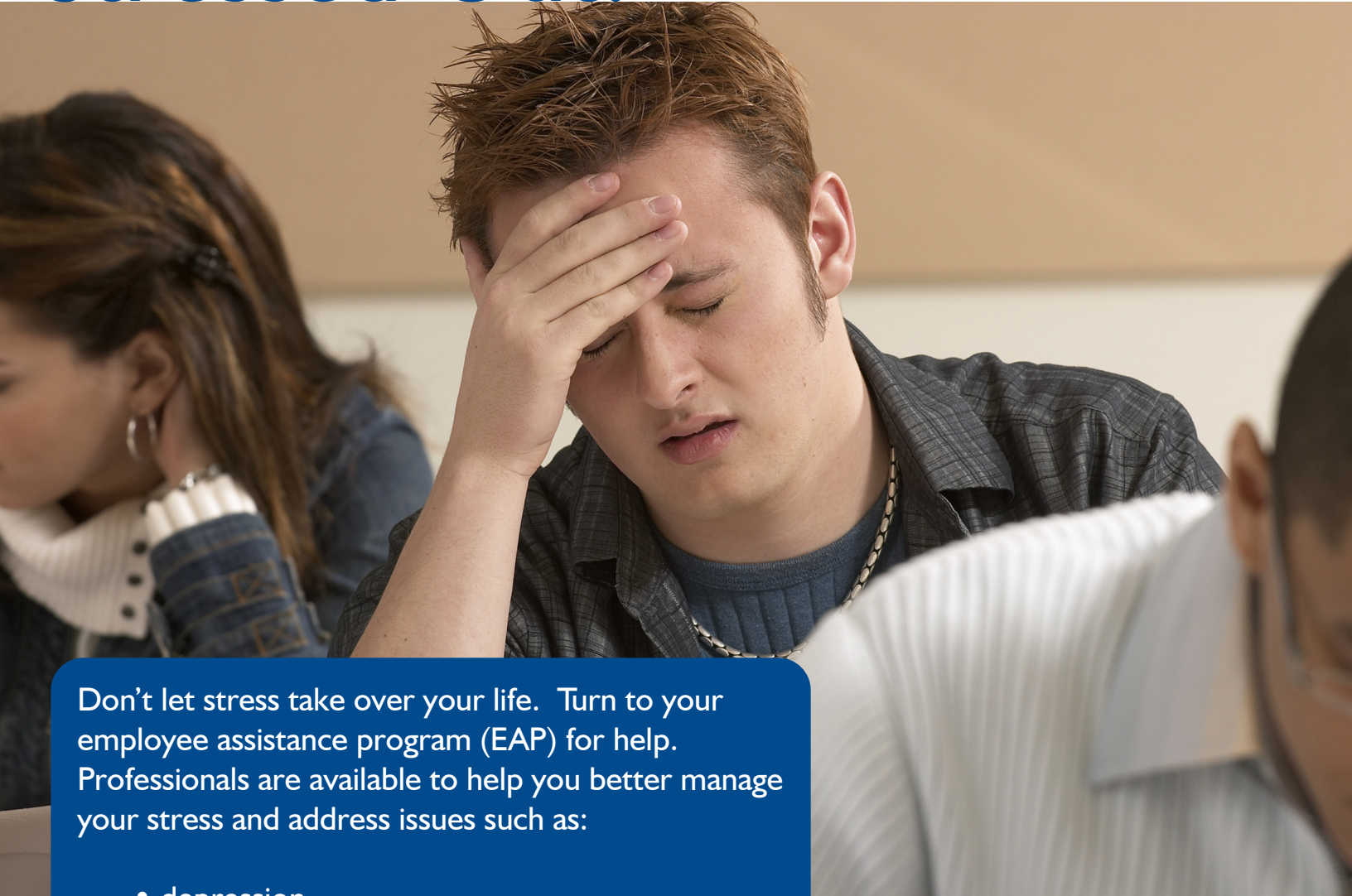


Stressed Out?



Don't let stress take over your life. Turn to your employee assistance program (EAP) for help. Professionals are available to help you better manage your stress and address issues such as:

- depression
- relationship concerns
- child and elder care issues
- workplace concerns
- legal matters
- financial issues
- alcohol and substance abuse
- health problems
- defining goals
- life planning
- school stress/support

Your EAP is a confidential service available to you 24 hours a day, seven days a week.