



Free YOURSELF

Becoming organized and clutter-free

Studies have shown that people who live with less clutter are more productive and experience less stress. A clean home or workplace allows you to concentrate on what is important, not on the distracting stuff around you. Your Employee Assistance Program can help you make a few simple changes to free yourself and get organized.

ONLINE SEMINAR

Everything in Its Place: Getting Organized

When we are not organized, we waste precious time and create chaos in our lives. Minimize the stress and maximize the tranquility that comes from putting everything in its place.

Visit your home page starting Jan. 16th:

www.bhoptions.com

SELECT: **work-life resources tab**

ENTER: **company code**

TOLL-FREE: **800-280-3782**

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

The Life
Connection
TLC

Helping you meet life's challenges