# Stress Buster: Managing and Taking Control of Your Life

## **ONLINE SEMINAR**

#### **Proactive strategies to stress less**

Manage your stress in a healthier way and learn some strategies to take control of your life.

# LET US HELP

Visit your home page starting Dec. 21st

WEBSITE: www.EAPHelplink.com TOLL-FREE: 1.800.999.1077 COMPANY CODE: DOUGLAS

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### YOUR EMPLOYEE ASSISTANCE PROGRAM