



# 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 Support 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.uhs.net/EAP](http://www.uhs.net/EAP)

USERNAME: CVCSD  
PASSWORD: employee

TOLL-FREE: 866-649-2392  
COUNSELING: 800-445-3569  
607-763-6474

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

