



Making a Life While Making a Living: Work-Life Balance



July

Visit your home page starting July 16th:

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

WEBSITE:
www.nyuhs.org/eap

USERNAME:
CVCSD

PASSWORD:
employee

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

ONLINE SEMINAR

The conflicting demands of work and home can create stress and zap the time and energy needed to get everything done. Balancing what needs to be done in an effective manner can lead to more satisfaction with both home and work lives, personal and professional.

This session will help participants identify various ways to achieve balance with personal, family and work

Your Employee Support Program help you achieve balance today, available 24/7.

If you do not know your sign on information call: (607) 763-6474