

Balance is key to a healthy life

Achieving work-life balance can sometimes seem like an impossible feat. Life is constantly changing, and the stress of long workday hours and commutes, plus responsibilities at home, can feel overwhelming. Taking a fresh look at the issue might give you ideas for making healthy changes.

Your program offers targeted information, counseling and self-help tools that can assist you in achieving a more balanced life.

**Call today or log on to
MagellanAscend.com**



Employee Assistance Program
Available 24 hours
1-800-424-5988

