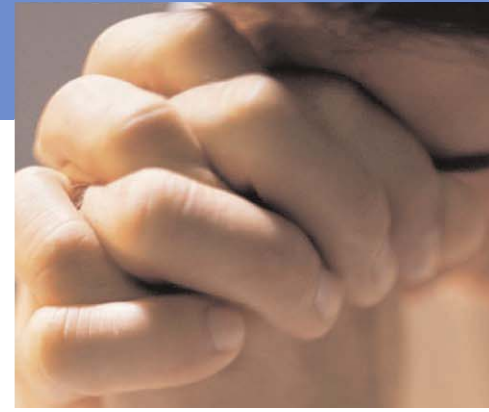


LifeWorks can help with the challenges we sometimes face...



My daughter has cerebral palsy and we are inundated with referrals, paperwork, and financial details. Where can we turn for help?

My teenager isn't acting like herself and her grades seem to be dropping. Where can I turn for help?

Feeling overwhelmed? LifeWorks can help with the challenges we sometimes face, whether it's making health decisions, handling a financial or legal crisis, dealing with a difficult co-worker, or getting through a tough time with your teenager. Call a consultant who can help you talk through your issues and find the resources you need to handle them one at a time.

Visit www.lifeworks.com to read or download these informative articles:

- Dealing with Conflict at Work
- Finding Health Care When You Have a Serious Medical Condition
- Planning Ahead When Your Child Has a Disability
- Involving Family Members in Caring for an Older Relative
- Talking with Your Teenager About Serious Issues

You can also check out these self assessments:

- Are Life Changes Causing You Stress?
- Is a Traumatic Event Causing You Stress?

September LifeWorks Online Tip:

Check out the Weekly Poll and Today's Tip on the home page of LifeWorks Online for interesting information and facts.

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY/TDD: 800-346-9188
You can also visit the LifeWorks Website at www.lifeworks.com
(user id: umass ; password: lifeworks)