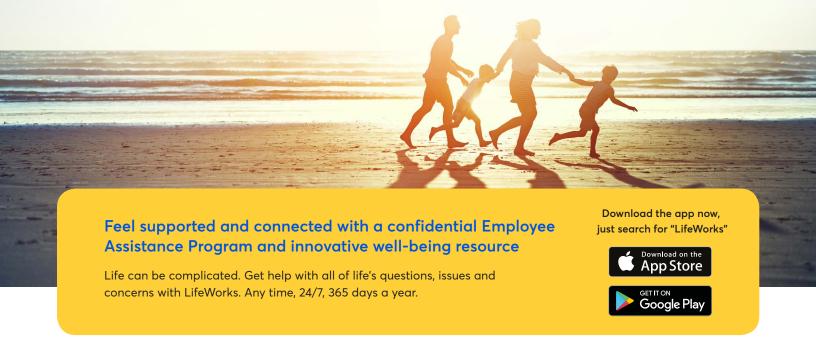
## **Welcome to LifeWorks**





LifeWorks offers support with mental, financial, physical and emotional well-being.

Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

Life	Family	Health	Work	Money
<ul> <li>Retirement</li> </ul>	<ul> <li>Parenting</li> </ul>	Mental health	Time management	<ul> <li>Saving</li> </ul>
<ul> <li>Midlife</li> </ul>	<ul> <li>Couples</li> </ul>	<ul> <li>Addictions</li> </ul>	<ul> <li>Career development</li> </ul>	<ul> <li>Investing</li> </ul>
<ul> <li>Student life</li> </ul>	Separation/divorce	<ul> <li>Fitness</li> </ul>	<ul> <li>Work relationships</li> </ul>	<ul> <li>Budgeting</li> </ul>
• Legal	<ul> <li>Older relatives</li> </ul>	<ul> <li>Managing stress</li> </ul>	<ul> <li>Work stress</li> </ul>	<ul> <li>Managing debt</li> </ul>
<ul> <li>Relationships</li> </ul>	<ul> <li>Adoption</li> </ul>	<ul> <li>Nutrition</li> </ul>	<ul> <li>Managing people</li> </ul>	<ul> <li>Home buying</li> </ul>
<ul> <li>Disabilities</li> </ul>	<ul> <li>Death/loss</li> </ul>	• Sleep	<ul> <li>Shift work</li> </ul>	<ul> <li>Renting</li> </ul>
<ul> <li>Crisis</li> </ul>	Child care	<ul> <li>Smoking cessation</li> </ul>	<ul> <li>Coping with change</li> </ul>	• Estate planning
<ul> <li>Personal issues</li> </ul>	<ul> <li>Education</li> </ul>	• Alternative health	<ul> <li>Communication</li> </ul>	<ul> <li>Bankruptcy</li> </ul>

Contact us	any time	you need	help with	any of	life's	concerns

Call us
Llámanos
TTY

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