

“Taking Control: A Guide for Balancing Work and Life”

Carolinas HealthCare System
Employee Assistance Program
invites you to join us
for a **free** seminar
designed to help you learn how to
manage your personal, home, and
work responsibilities.

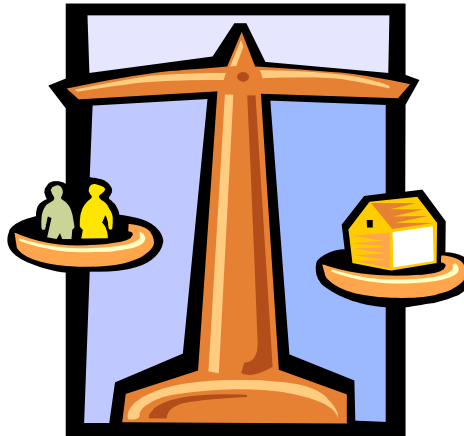
For your convenience this seminar
will be held at multiple locations:

Albemarle

Stanly Regional Medical Center
Family Education Center
Azalea Room
April 6th, 2010
5:30 pm - 6:30 pm

Concord

CMC NorthEast
Medical Arts Classrooms 1, 2, 3
April 22nd, 2010
5:30 pm - 6:30 pm



Space is limited so please call
704-355-5021 or 800-384-1097
for reservations.

Presented by:

Carolinas HealthCare System



Employee Assistance Program

Participants will learn:

- real life strategies for increasing efficiency and effectiveness.*
- how to find your optimal work life balance.*
- recommendations for effective self-care.*

Carolinas HealthCare System
Employee Assistance Program
(CHS EAP) is designed to help you
and members of your family with
all types of issues--marital
conflicts, job stress, emotional,
alcohol and drug problems, and
difficulties with children. Whatever
the problem, if you need help call
CHS EAP
at
704-355-5021 or
800-384-1097.