

AWP MONTHLY REMINDER – JUNE 2007

Alliance Work Partners (AWP) is available to assist you and your family in finding balance in work and life through education, resources, referrals, and counseling. Call us anytime, 24-hours a day. We can help.

It's Time to Get Healthy!

Summer's here! It's a great time to get outdoors for a brisk walk or some rejuvenation time meditating in the sun or the shade. Warmer weather also welcomes the enjoyment of fresh foods such as ripe watermelon, crisp salads, and lots of cool, clear water. If you would like some resources and information about what steps you can take to begin a new, healthy lifestyle, call AWP. We can help!



Alliance Work Partners' Employee Assistance Program is a benefit provided by your company at no cost to you. All services are confidential. Contact AWP 24 hours a day, 7 days a week, 365 days a year at:

Toll Free: 800-343-3822 • TDD: 800-448-1823
Teen Helpline: 800-334-TEEN (8336) • www.alliancewp.com

Happenings in June

June is the month to be aware of, or celebrate, the events listed below. Call AWP or search the Internet for more information about these topics. The sites below will get you started!

Aphasia Awareness Month:

<http://www.aphasia.org/>

Scleroderma Awareness Month:

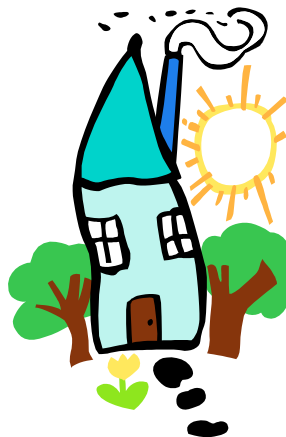
http://www.scleroderma.org/news/news2004/news2004_June_Awareness.shtml

Home Safety Month:

<http://www.homesafetycouncil.org/index.aspx>

Myasthenia Gravis Awareness Month:

<http://www.myasthenia.org/>



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