

AWP MONTHLY REMINDER – MAY 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 okay to not be perfect.

In fact, it's more than okay—it's not even possible! Many of us know in our minds that we aren't perfect, but we are afraid to believe it in our hearts. We're afraid that others will still expect perfection from us even though it's impossible to achieve. So we either become frozen in fear or we run ourselves ragged. If you suffer from the effects of perfectionism or procrastination, 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 May

May 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!

Better Hearing and Speech Month:

<http://www.entlink.net/news/bhsm.cfm>

Older Americans Month:

<http://www.aoa.gov/press/oam/oam.asp>

Osteoporosis Awareness Month:

http://www.cdc.gov/nccdphp/dnpa/bonehealth/osteoporosis_month.htm

Stroke Awareness Month:

<http://www.stroke.org/site/PageServer?pagename=HOME>



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