

FEBRUARY 2020

ERS

Employee Resource Systems, Inc.

Managing Workplace Stressors

ONLINE SEMINAR

This session focuses on the professional or workplace items that could be causing you stress, providing you with information and strategies to address and manage these stressors effectively.

Visit your home page starting February 18th

Go to www.ers-eap.com, enter your company's username and password then look for the SEMINAR link in the middle of the page.

WEBSITE: www.ers-eap.com

TELEPHONE: 800-292-2780

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

Username: laborers

Password: foxvalley