

MAY 2020

ERS

Employee Resource Systems, Inc.

Accepting Aging: Yourself and Others

ONLINE SEMINAR

As we notice physical and mental changes in our parents or older loved ones, it can cause us to contemplate our own aging. In this session, we will look at "normal" age-related changes and also identify ways for you to come to terms with your own aging.

Visit your home page starting May 19th:

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

Username: laborers Password: foxvalley

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.