



Strive for Balance in Caregiving

Caring for a loved one can be rewarding, but also stressful and exhausting. It's often a daily challenge to care for your loved one while keeping up with your other responsibilities. But there are ways to find better balance between your caregiving role and the rest of your life.

Your program offers ideas and resources that can help in your caregiving journey.



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com