



Employee Resource Systems, Inc.

A green circular graphic containing the text "EMPLOYEE ASSISTANCE PROGRAM JUNE 2017".

EMPLOYEE
ASSISTANCE
PROGRAM
JUNE 2017

Feeling good about yourself and your life, being curious about the world around you, and enjoying what you do are all aspects of what is called “well-being.” It also includes having positive relationships, a feeling of control over your life, and a sense of purpose. Ways to increase your personal well-being include connecting with others, being active, continuing to learn, and giving back. Your Employee Assistance Program can help you discover new ways of enhancing your well-being.

A photograph of a person riding a bicycle on a dirt path through a lush green field under a bright sky.

GOING THE DISTANCE

The path
to total
well-being

ONLINE SEMINAR

Emotional Support: Staying Balanced in a Changing World

Change impacts all aspects of life. Every change brings a chance to self-improve or self-destruct. This session explores how people who know how to manage change have more successful lives.

Available on Demand Starting June 20th

Online seminars can be found on your home page, or you can search for them by title.

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.

TOLL-FREE: 800-292-2780

WEBSITE: www.ers-eap.com

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