



YOUR LOVED ONES.
Your Caregiving
Resource.

Living Healthy Working Well®

Make the most of your caregiving experience!

Empower yourself with knowledge. Keep a positive attitude. Know your limitations. Rely on help. Take care of yourself.

Caregiving can be a special and rewarding time. Lean on resources available to you so you can provide the best care for your loved one, and still have time for yourself!

Go online to access *Your Caregiving Resource* as well as a wide variety of other helpful topics.



Employee Assistance Program *We Care, Just Call*

1-800-222-0364

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

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