



LifeWorks—the fast, confidential help you and your family need, whenever you need it.

Life brings changes, challenges, and questions every day. Whether you're trying to find child or elder care, manage your personal finances, get help with a relationship, or make healthy changes to your lifestyle, LifeWorks offers **fast, free, confidential help, 24/7**. Call anytime to speak with a caring, professional consultant or visit LifeWorks.com to find help and resources with almost any issue, including

Life

Stress and overload
Addiction and recovery
Relationships
Depression
Grief and loss
Divorce and separation
Finding time for you
Moving
Home improvement
Legal issues

Health

Exercise
Healthy eating
Managing stress
Sleep
Quitting tobacco
Reducing the risk of diabetes
Heart health
Navigating the health care system
Living with a disability
Aging well

Family

Parenting
Finding child care
Adoption
Discipline and safety
Teenagers
Single parenting
Blended families
Education
Planning for college
Financial aid
Caring for older relatives
Caregiver resources

Work

Time management
Career development
Getting along at work
Communication
Job stress and burnout
Relocation
Networking
Retirement planning
Managing people
Handling change at work

Money

Budgeting
Debt management
Credit and collections
Saving and investing
Basic tax planning
Buying a car
Home buying and renting
Saving for college
Bankruptcy
Estate planning

Call **877-234-5151** anytime. En español: **888-732-9020**, TTY: **800-999-3004** number. You can also visit www.lifeworks.com (username: **wabtec**; password: **wabtec**).

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