

**USPS Employee
Assistance Program**

**Free & Confidential
for You and Your Family**

Life Coaching

Do you want to ...

- . Reduce personal spending
- . Quit smoking
- . Effectively manage priorities
- . Live a healthier lifestyle
- . Become better organized at home and/or work

**If you answered yes to any of these,
call your EAP today!**

Make the Call!

800-327-4968

(800-EAP-4YOU)

TTY: 877-492-7341

EAP Life Coaching

can help you

ensure success

in reaching your goals!