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STRESS CAN BE MANAGED

Stress happens. We can't avoid it. But you can control how stressed you become in any given situation or event. Start making a conscious choice about whether to get stressed and how much energy the situation is worth. For confidential and professional assistance in managing your stress, contact the Sand Creek Group, your Employee Assistance Program, for help. This program is available to you and your immediate family members at no cost.

Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.



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