



Resources for Living

offers solutions for living well at home and at work. We provide confidential support for a variety of concerns, from coping with grief and stress to information and support on financial issues, child-care, relationships, and other life challenges. Our goal is to help you live a happier, stronger, more fulfilling life—today and every day.

RESOURCES FOR LIVING WELL

-  **Healthy Living** Find in-depth information and interactive assessment tools on a variety of health issues, including fitness, nutrition, and weight loss, as well as lifestyle suggestions for disease management and prevention.
-  **Relationships** Tap into a wealth of information to improve relationships with your spouse, family members, and friends. Gain insight on how to work through conflict and develop healthy social interactions.
-  **Family Care** Find tools and resource links to identify childcare, adoption, and eldercare options in your area. Get tips for managing pregnancy, improving parenting skills, and building better families.
-  **Self Mastery** Discover effective ways to optimize stress and stay motivated. Learn how to resolve conflict, manage anger, and tap into your creative potential.
-  **Everyday Matters** Get information, tools, and resources for daily living, including home maintenance, product safety, pet care, housing options, relocation, and travel.
-  **At Work** Find articles and resources to help you become more successful at work. Get tips on how to balance work and family, improve career options, enhance leadership skills, and develop effective workplace communications.

Easy to use.

Visit our website and follow the links for information and resources arranged by topic. You'll find "best in class" resource articles and links, childcare and eldercare locators, interactive assessments, online financial calculators and planning materials, plus tools to support health and wellness. If you need immediate help or one-on-one support, call our toll-free number and you'll be connected to one of our trained consultants.

Free. Confidential. No hassle.

With the right tools and information, individuals can overcome a variety of obstacles. Our resources are easily accessible online or by phone, without the hassle and worry of forms and applications. It's all 100% confidential and free of charge.



Support when and where you need it.

Resources for Living wants every day to be the best day in your life, but life doesn't always go as planned. When daily challenges make life more difficult, Resources for Living provides support, encouragement, guidance, and information. You can reach us anytime or anywhere.

www.rfl.com

SOLUTIONS FOR A GOOD LIFE



Resources for Living helped me find available childcare that was right around the corner from my house.

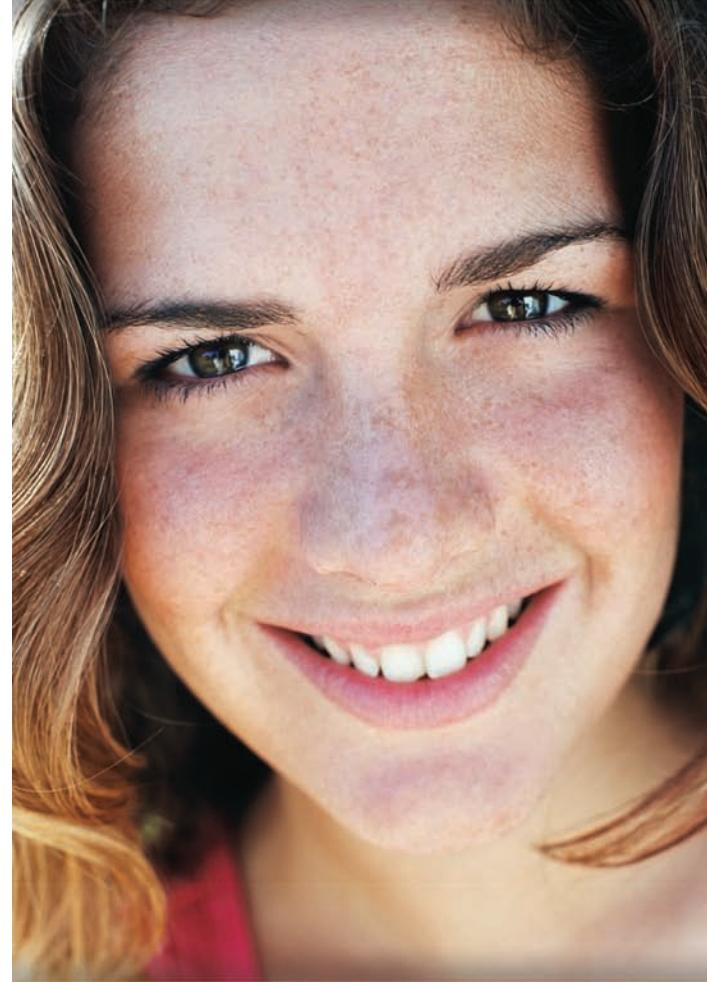
Free of charge and confidential.
24 hours a day, 7 days a week.



www.rfl.com
1-800-678-2212

BE HAPPY

BE HAPPY



Live Well

I didn't realize how my personal problems were impacting my career. Now things are a lot better at home and at work.

Live Well

