




Ready, set, grow

**Join us:
A Day with Resources for Living**

Mark your calendar and get ready to dive into the amazing world of your Employee Assistance Program (EAP), **Resources for Living!** This is your chance to learn more, ask questions and connect with licensed counselors for personalized support.

 **Wednesday, May 14**

Information Table	Counseling Sessions	EAP Orientation
10:00 am – 3:00 pm ET	10:00 am – 3:00 pm ET	12:00 pm – 12:30 pm ET
Sync Street Café	Room 1024	Cape Hatteras D

Stop by anytime to explore the information table or **reserve your time slot** for a 1:1 counseling session by placing an "X" on the paper sign-up on the door of Room 1024. Don't miss the **30-minute EAP Orientation** at 12:00 p.m. ET to get a comprehensive overview of the program.

And remember, you can call for in-the-moment emotional support any time. We're available 24/7, 365 days a year.

1-800-599-7154, TTY 711
www.resourcesforliving.com
Username: SyneosHealth
Access Code: SyneosHealth

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.